

Tender Beef & Sweet Pumpkin Tagine with Herby Couscous

Transport yourself to the colourful streets of Fez with this simple recipe! Our cheat's tagine is one for the masses and guaranteed to satisfy all of your comfort food cravings. From sweet to spicy to salty, the flavours in this number are sure to take your tastebuds on a whirlwind adventure.



Prep: 10 mins Cook: 25 mins Total: 35 mins











Honey



Puttor



Premium Beef Rump



Brown Onion



Garlic



Moroccan Spice



Pumpkin



Diced Tomatoes



Baby Spinach



Courcour



Parsley

2P	4P	Ingredients	
1 steak	2 steaks	premium beef rump	
1 tbs	2 tbs	olive oil *	
1	2	brown onion, finely sliced	
1 clove	2 cloves	garlic, peeled & crushed	
2 tsp	1 tbs	Moroccan spice	
2 tsp	1 tbs	honey *	
1/2	1	pumpkin, peeled & cut into 2 cm cubes	
1 tin	2 tins	diced tomatoes	
½ bag	1 bag	baby spinach, washed	#
½ cup	1 cup	couscous	
½ cup	1 cup	boiling water *	
1 tsp	2 tsp	butter *	
1 bunch	2 bunches	parsley, finely chopped	

(1)	Ingredient features
	in another recipe
*	Pantry Items

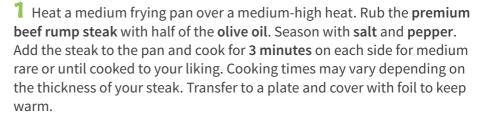
Pre-preparation

N	lutr	itio	n pe	r se	rve

Energy	2840	Kj			
Protein	49.2	g			
Fat, total	17.4	g			
-saturated	5.6	g			
Carbohydrate	76.1	g			
-sugars	22.9	g			
Sodium	238	mg			



You will need: chef's knife, chopping board, garlic crusher, medium frying pan, plate, foil, medium bowl, kettle full of boiling water, fork and cling wrap.





2 Heat the remaining olive oil in the same frying pan. Add the **brown onion** and cook for **5 minutes** or until soft. Add the **garlic**, **Moroccan spice** and **honey** and cook for **1 minute** or until fragrant. Add the **pumpkin** and cook, stirring, for **1 minute** or until coated in the spices. Add the **diced tomatoes** and season with salt and pepper. Bring to the boil. Reduce the heat to low and simmer, covered, for **20 minutes** or until the sauce is slightly thickened and the pumpkin is tender.



- 3 Thinly slice the rested steak and gently stir it through the tagine with the **baby spinach**. Simmer for **2-3 minutes** and then remove from the heat.
- 4 Meanwhile, place the **couscous** in a medium bowl. Pour the **boiling water** over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap, leave to sit for **5 minutes**. Remove wrap and fluff the couscous with a fork. Stir through the **butter** and **parsley** (reserving a small amount for a garnish).



5 Divide the couscous between bowls. Top with the tagine and a sprinkle of the remaining parsley. Season to taste with salt and pepper.