

# ETHIOPIAN BEEF AND VEGETABLE TAGINE

AFRICA & MIDDLE EAST  
/ ETHIOPIA

## ORIGINS

Berbere spice comes from the Ethiopian word barbare. Barbare translates to "hot" and comes from the Ancient Ethiopian word for pepper, papare. This dish came into being no one is sure, but historians speculate that its origins lie in the era when Ethiopians controlled the route to the silk road from the Red Sea during the 11th century AD.



4



10 min



90 min



## WHAT YOU NEED

- 1 1/2 pkt (15 g) Ethiopian spice
- 500 g beef, diced
- 1 onion, chopped
- 200 g potatoes, cubed
- 2 carrots, quartered
- 2 zucchini, quartered
- 1 capsicum, sliced
- 1 cup beef stock
- 1 lemon zested and juiced

## HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min. Add beef, sauté 5 min.

②

Add stock, lemon zest, bring to the boil and simmer 60 min.

③

Add in potatoes and carrots, simmer 15 min.

④

Add zucchini simmer 5 min. Season with lemon juice and let rest 5 min.

## HOW TO SERVE

Serve with rice and garnish with fresh parsley leaves.

## HINTS & TIPS

### SIDES & CONDIMENTS

Ethiopian minced greens:

200 g kale or spinach steamed

1/2 tsp chilli flakes

1/2 tsp Berbere or paprika

1 clove garlic crushed

Sauté garlic and spices 2 min, add in steamed greens and let rest 2 min.

### SWAPS & ALTERNATIVES

veggie combos: omit zucchini and serve with Ethiopian minced greens.

reduce meat: 250 g beef + 200 g cooked chick-peas.

alternative: mix in 1 tbsp currants and 2 tbsp cashews to the rice. Traditionally, 2-3 hard boiled eggs are added for extra protein.

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