

# MOROCCAN BEEF TAGINE

AFRICA & MIDDLE EAST  
/ MOROCCO

## ORIGINS

The tagine dates back to Harun al Rashid, a late eighth-century ruler of the Islamic empire. Foods cooked tagine-style appeared in *The Thousand and One Nights* in the ninth century. Although originally a Berber dish, the tagine has evolved with the history as waves of Arab and Ottoman invaders, Moorish refugees from Andalusia and French colonialists have left their influences on the cuisine.



4



10 min



105 min



## WHAT YOU NEED

- 1/2 pkt (15 g) Moroccan spice
- 500 g chuck beef cubed
- 200g cooked chickpeas
- 1 onion, chopped
- 2 tomatoes, chopped
- 200 g pumpkin peeled and cubed
- 1 zucchini, sliced
- 50 g pitted prunes
- 1-2 cups beef stock
- 2 tsp preserved lemon\*

## HOW TO MAKE

①

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

②

Add stock, tomatoes, prunes cover and cook on low for 90 min.

③

Add pumpkin, zucchini and chickpeas. Cover & cook on low for 15 min.

## HOW TO SERVE

Serve with a couscous salad\* and garnish with preserved lemon\*.

## HINTS & TIPS

### SIDES & CONDIMENTS

Couscous salad:

20 g almond flakes

2 tbsp each of fresh coriander and mint leaves

1 cup cooked couscous

Cook couscous and mix all ingredients together.

### SWAPS & ALTERNATIVES

veggie combos: replace prunes with dates.

reduce meat: 250g beef + 200 g Mushrooms.

alternative: 2 tsp preserved lemon = juice 1 lemon plus zest.

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