



Moroccan Vegetable Stew

with Apricot Couscous Pilaf



20-30min



2 Servings

This recipe truly is a feat of magic. What takes just over 30 minutes to prepare will taste as if it simmered for hours! A rich stew of zucchini, carrots, onions, and green beans gets unique flavor from baharat spice, a warm, fragrant Middle Eastern blend. Topped with dreamy crumbles of feta cheese and addictively crunchy almonds, every bite is as exciting as the last.

What we send

- 4 oz carrot
- 1 zucchini
- ½ lb green beans
- 1 medium red onion
- 1 oz dried apricots ¹²
- 1 can whole peeled tomatoes
- ¼ oz baharat spice blend ¹¹
- 3 oz couscous ¹
- 1 oz salted almonds ¹⁵
- 1.4 oz feta cheese ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- large pot
- small saucepan

Allergens

Wheat (1), Milk (7), Sesame (11), Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 30g, Carbs 83g, Proteins 19g



1. Prep vegetables

Peel and cut **carrot** into ¼-inch thick slices (halve lengthwise, if thick). Halve or quarter **zucchini** lengthwise, then slice ¾-inch thick. Trim **green beans**, then cut into 1½-inch lengths. Finely chop **¼ of the onion**; thinly slice remaining onion. Finely chop **apricots**. Cut **tomatoes** in the can with kitchen shears until finely chopped.



4. Make pilaf

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped onions** and cook, stirring, until lightly browned, about 2 minutes. Add **couscous** and **apricots**, and stir to coat. Add **½ cup water** and **¼ teaspoon salt**; bring to a boil. Cover, remove from heat, and let sit until grains are tender and water is absorbed, 5-7 minutes.



2. Sauté vegetables

Heat **2 tablespoons oil** in a large pot over high. Add **sliced onions** and **carrots**; season with **½ teaspoon salt**. Cook, stirring frequently, until lightly browned, about 3 minutes. Add **zucchini** and **green beans**, reduce heat to medium-high, and cook, stirring, until barely softened, about 3 minutes. Add **1½ teaspoons baharat spice** and cook, about 1 minute.



5. Prep almonds

Meanwhile, coarsely chop **almonds**.



3. Add tomatoes & seasoning

Add **tomatoes** and **1 cup water**; bring to a boil. Season with **1 teaspoon salt** and **several grinds of pepper**. Partially cover and cook over medium heat until **vegetables** are tender, about 15 minutes. Uncover and cook until liquid is slightly reduced, about 5 minutes more. Season to taste with **salt** and **pepper**.



6. Finish & serve

Fluff **couscous** with a fork. Serve couscous topped with **vegetable stew**. Garnish with **chopped almonds** and crumble **feta cheese** on top. Drizzle with **olive oil**, if desired. Enjoy!