



Moroccan-Spiced Beef Ragu

with Couscous Pilaf



20-30min



2 Servings

This meaty ragu with pillowy couscous is exactly the kind of elevated weeknight meal that makes us look forward to slowing down at dinner after a busy day. The grass-fed beef, along with onions and carrots, stew in an aromatic tomato sauce spiced with harissa, building deep flavor in a very short time. The dried cherries are a sweet surprise in each bite that really sets this dish apart.

What we send

- 1 red onion
- 2 carrots
- ¼ oz fresh thyme
- 10 oz pkg grass-fed ground beef
- ¼ oz harissa spice blend
- 14 ½ oz can whole peeled tomatoes
- 1 oz dried cherries
- 3 oz couscous ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot with lid
- small saucepan

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 30g, Carbs 74g, Protein 38g



1. Prep ingredients

Trim ends from **onion**, then halve and finely chop **1 cup** (you may have some remaining). Trim ends from **carrots**, then peel and slice into ¼-inch thick rounds. Pick **half the thyme leaves**.



4. Build ragu

Add **tomatoes**, **½ of the dried cherries**, and **1 cup water**; bring to a boil. Cover partially, and cook over medium until **carrots** are tender and **beef ragu** is thick and flavorful, about 20 minutes.



2. Brown beef

Heat **1 tablespoon oil** in a medium pot or Dutch oven over medium-high. Add **ground beef** and brown, breaking up with a wooden spoon, until just cooked through, about 3 minutes. Using a slotted spoon, transfer beef to a bowl and spoon off **all but 1 tablespoon fat** from the pot.



5. Make couscous

Meanwhile, heat **1 tablespoon oil** in a small saucepan over medium-high. Add **remaining ¼ cup chopped onion** and cook, stirring, until golden, about 2 minutes. Add **couscous** and cook, stirring frequently until lightly toasted, about 3 minutes. Add **½ cup water** and **½ teaspoon salt** and bring to a boil. Cover and let sit off the heat for about 8 minutes.



3. Add aromatics

Add **carrots** and **¾ cup of chopped onion** and cook, stirring, until just beginning to brown, about 3 minutes. Return **beef** to the pot along with **harissa spice blend**, **half of the picked thyme leaves**, **1 teaspoon salt**, **½ teaspoon pepper**, and cook until fragrant, 2 minutes.



6. Finish & serve

Fluff **couscous** with a fork and divide between bowls. Season **beef ragu** to taste with **salt** and **pepper** and spoon over **couscous**. Sprinkle with **remaining thyme leaves**. Enjoy!