



## Beef & Apricot Tagine

with Couscous & Almonds



30-40min



2 Servings

Savory tagines often take hours to prepare, but our warmly spiced version with ground beef is perfect for any night of the week. Baharat spices flavor the stew along with tomatoes, onions, carrots, and dried apricots for a touch of sweetness. We serve the tagine over traditional couscous which steams in mere minutes. Toasted almonds and fresh cilantro are the final garnishes for this succulent supper.



## What we send

- 1 carrot
- 1 red onion
- 1 oz dried apricots
- 10 oz pkg grass-fed ground beef
- ¼ oz baharat spice blend <sup>1</sup>
- 14½ oz can whole peeled tomatoes
- 3 oz couscous <sup>2</sup>
- 1 oz salted almonds <sup>3</sup>
- ¼ oz fresh cilantro

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- red wine vinegar (or apple cider vinegar)

## Tools

- medium Dutch oven or pot with lid
- small saucepan

## Allergens

Sesame (1), Wheat (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 38g, Carbs 72g, Protein 41g



### 1. Prep ingredients

Scrub **carrot**, then cut on an angle into ½-inch thick slices. Halve **onion**, then thinly slice crosswise. Finely chop **dried apricots**.



### 2. Cook beef

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **beef** and season with **salt** and **pepper**. Cook, breaking meat up into large pieces, until browned and cooked through, about 5 minutes. Drain excess oil, if necessary. Transfer to a bowl; reserve pot.



### 3. Start tagine

Heat **1 tablespoon oil** in same pot over medium. Add **sliced onions, carrots**, and **a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are browned and softened, about 5 minutes. Add **baharat spice**; cook, stirring, until fragrant, 30 seconds. Stir in **tomatoes, apricots, beef, 1 cup water**, and **½ teaspoon each of sugar and salt**.



### 4. Simmer tagine

Bring **tagine** to a boil over high heat, crushing **tomatoes** with the back of a spoon. Reduce heat to low, then partially cover pot and simmer until **veggies** are tender and **sauce** is slightly thickened, 10-15 minutes. Remove from heat, then stir in **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**.



### 5. Cook couscous

In a small saucepan, bring **1 cup water** and **a pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand for at least 5 minutes, or until **tagine** has finished cooking, then fluff with a fork.



### 6. Finish & serve

Coarsely chop **almonds**. Pick and tear **cilantro leaves** from stems; discard stems.

Fluff **couscous** with a fork. Serve **beef and apricot tagine** over **couscous** with **cilantro leaves** and **almonds** sprinkled over top. Enjoy!