



## Plant-Based Ground & Apricot Tagine

with Couscous & Almonds



30-40min



2 Servings

Savory tagines often take hours to prepare, but our warmly spiced version with plant-based ground 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
- ¼ oz baharat spice blend <sup>1</sup>
- 14½ oz whole peeled tomatoes
- 3 oz couscous <sup>2</sup>
- 1 oz salted almonds <sup>3</sup>
- ¼ oz fresh cilantro
- ½ lb pkg Impossible patties <sup>4</sup>

## 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), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 38g, Carbs 80g, Protein 35g



### 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 plant-based ground

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **plant-based ground** and season with **salt** and **pepper**. Cook, breaking 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, plant-based ground, 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 **plant-based ground and apricot tagine** over **couscous** with **cilantro leaves** and **almonds** sprinkled over top. Enjoy!