



Plant-Based Ground & Apricot Tagine

with Moroccan 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
- ½ lb pkg Impossible patties ¹
- ¼ oz baharat spice blend ²
- 14½ oz whole peeled tomatoes
- 3 oz couscous ³
- 1 oz salted almonds ⁴
- 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

Soy (1), Sesame (2), Wheat (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 35g, Carbs 81g, Protein 32g



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 **Impossible patties** 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!