

# MARLEY SPOON



## Vegan Moroccan Tagine

with Silverbeet



30-40min



2 Portions

Happy World Vegan Day! On November 1 vegans around the world will be celebrating and so we've whipped up this vegan-friendly tagine in honour of this great day. We've used some protein-packed beefless tips as well, so you won't even feel like you are missing out on a thing.

## What we send

- vegetable stock concentrate
- beefless tips <sup>6</sup>
- silverbeet
- Moroccan spice mix
- sweet potato
- chickpeas
- chopped tomatoes
- garlic
- onion

## What you'll require

- extra virgin olive oil
- salt and pepper

## Utensils

- Colander
- large frypan
- medium frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 660.0kcal, Fat 20.5g, Proteins 29.9g, Carbs 75.9g



### 1. Prepare vegetables

Finely chop the **onion**. Crush or finely chop the **garlic**. Drain and rinse the **chickpeas**. Peel and cut the **sweet potato** into 1cm cubes.



### 4. Prepare silverbeet

Meanwhile, wash the **silverbeet** and cut the leaves from the stems. Thinly slice the stems and shred the leaves into 1cm ribbons.



### 2. Start cooking

Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **onion** for 6 mins or until translucent. Stir in the **garlic**, **Moroccan Tagine** and a pinch of **salt**. Cook for 2 mins or until the spices are fully incorporated and fragrant.



### 5. Cook vegetable protein

Preheat a medium frypan with 2 tsp **oil** over medium-high heat. Cook the **beefless tips**, turning for 3-5 mins until well browned all over and firm to touch.



### 3. Add tomato and chickpeas

Add the **tomatoes** and cook for 5 mins or until slightly thickened. Add the **chickpeas**, **sweet potato**, 500ml (2 cups) water and **vegetable stock powder**. Bring to a simmer and stir to combine. Cook, covered for 15 mins or until the sweet potato is tender.



### 6. Get ready to serve

Fold the **cooked tips** and **silverbeet** into the **stew** and cook for 2 mins or until the **greens** are just wilted. Divide between bowls and serve.