



MARLEY SPOON



Argentinean Beef and Pumpkin Stew

with Roasted Capsicum Sauce

 30-40min  4 Portions

Pairing sweet and savoury flavours is typical of Argentinean cuisine, and this rustic stew straight from the cattle ranches of Patagonia is a classic example of this culinary tradition. Instead of peaches and sweetcorn, we've used dried apricots and have roasted the pumpkin with honey for extra sweetness. A quick roasted capsicum sauce adds a hint of smokiness and reminds you of the Spanish roo...

What we send

- dried apricots ¹⁷
- garlic cloves, parsley, oregano
- vegetable stock cubes
- roasted red capsicum ¹⁷
- grass-fed beef stir-fry strips
- Japanese pumpkin
- brown onion
- diced tomatoes
- bay leaf

What you'll require

- boiling water
- Australian honey
- olive oil
- olive oil spray
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- large saucepan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you don't have a stick blender or food processor, just very finely chop the roasted red capsicum, then combine with the vinegar.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 410.0kcal, Fat 17.2g, Proteins 32.3g, Carbs 28.4g



1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop or crush the **garlic**. Finely chop the **onion**. Pick the **oregano** leaves, discarding the stems. Finely chop the **parsley**, including the stems, keeping the leaves and stems separate. Halve the **apricots**.



2. Roast pumpkin

Peel the **pumpkin**, then cut into 3cm chunks. Put on the lined tray in a single layer and spray generously with **olive oil spray**. Drizzle over the **honey**, season with **salt and pepper**, and toss to coat. Roast in the oven for 15 mins or until golden and tender.



3. Brown beef

Meanwhile, combine **stock cubes with the boiling water** (see staples list) in a heatproof jug. Heat **1 tbs oil** in a large saucepan over high heat. Add **half the beef** and cook, stirring occasionally, for 1-2 mins until browned but not cooked through. Season with **salt and pepper**. Remove beef from pan. Repeat with another **1 tbs oil** and the **remaining beef**.



4. Cook stew

Reduce heat to medium-high. Add the **onion** and **remaining oil** to the pan and cook, stirring, for 2-3 mins until lightly golden. Add the **garlic** and cook for a further 1 min. Add the **oregano, parsley stems, bay leaf, tomatoes, apricots** and **stock**, and bring to a simmer. Cook for a further 5 mins or until the liquid has reduced slightly.



5. Make capsicum sauce

Meanwhile, put the **roasted capsicum** and **vinegar** in a bowl. Using a stick blender or food processor (see cooking tip), pulse the mixture until smooth. Stir in **half the parsley leaves** to combine.



6. Get ready to serve

Stir the beef through the stew and cook for 2 mins or until warmed through. Season with **salt and pepper**. Divide the stew and pumpkin among bowls. Scatter with the **remaining parsley leaves** and serve with the capsicum sauce.