



Moroccan-Spiced Beef Ragu

with Couscous Pilaf



20-30min



4 Servings

This meaty ragu with pillowy couscous is exactly the kind of elevated weeknight meal that makes us look forward to slowing down at dinner after a busy day. The grass-fed beef, along with carrots and red onion, stew in an aromatic tomato sauce spiced with harissa, building deep flavor in a very short time. The dried cherries are a sweet surprise in each bite that really sets this dish apart. Coo...

What we send

- carrots
- red onion
- grass-fed ground beef
- dried cherries
- fresh thyme
- harissa spice blend
- whole-peeled tomatoes

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 712.0kcal, Fat 28.6g, Proteins 40.4g, Carbs 77.1g



1. Prep ingredients

Trim ends from **onion**, then halve, peel, and finely chop **1½ cups**. Trim ends from **carrots**, then peel and slice into ¼-inch thick rounds. Pick **thyme leaves**.



2. Brown beef

Heat **1 tablespoon oil** in a medium pot or Dutch oven over medium-high. Add **ground beef** and brown, breaking up with a wooden spoon, until just cooked through, 3-5 minutes. Using a slotted spoon, transfer beef to a bowl and spoon off **all but 2 tablespoons fat** from the pot.



3. Add aromatics

Add **carrots** and **1 cup of chopped onion** and cook, stirring, until just beginning to brown, about 3 minutes. Return the **beef** to the pot along with **harissa spice blend**, **half the thyme leaves**, **1½ teaspoons salt**, **½ teaspoon pepper**, and cook until fragrant, 2 minutes.



4. Build ragu

Add **tomatoes**, **¾ of the dried cherries**, **1½ cups water** and bring to a boil. Cover partially, and cook over medium until **carrots** are tender and **beef ragu** is thick and flavorful, about 20 minutes.



5. Make couscous

Meanwhile, heat **1½ tablespoons oil** in a small saucepan over medium-high. Add **remaining ½ cup chopped onion** and cook, stirring, until golden, about 2 minutes. Add **couscous** and cook, stirring frequently until lightly toasted, about 3 minutes. Add **½ teaspoon salt** and **1 cup water** and bring to a boil. Cover and let sit off the heat for about 8 minutes.



6. Finish

Fluff **couscous** with a fork and divide between bowls. Season **beef ragu** to taste with **salt** and **pepper** and spoon over **couscous**. Sprinkle with **remaining thyme leaves** and serve. Enjoy!