



## Moroccan Vegetable Stew

with Apricot Couscous Pilaf



20-30min



2 Servings

This recipe truly is a feat of magic. What takes just over 30 minutes to prepare will taste as if it simmered for hours! A rich stew of zucchini, carrots, onions, and green beans gets unique flavor from baharat spice, a warm, fragrant Middle Eastern blend. Topped with dreamy crumbles of goat cheese and addictively crunchy almonds, every bite is as exciting as the last. Cook, relax, and enjoy!



## What we send

- carrots
- green beans
- canned whole-peeled tomatoes
- zucchini
- red onion

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot
- 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.

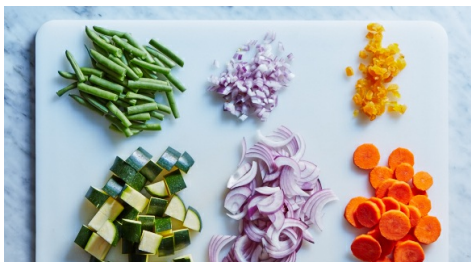
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

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

## Nutrition per serving

Calories 670.0kcal, Fat 34.0g, Proteins 21.0g, Carbs 77.0g



### 1. Prep vegetables

Peel and cut **carrot** into ¼-inch thick slices (halve lengthwise if thick). Halve or quarter **zucchini** lengthwise, then slice ¾-inch thick. Trim stem ends from **green beans**, then cut into 1½-inch lengths. Peel and finely chop **¼ of the onion**; thinly slice remaining onion. Finely chop **apricots**. Cut **tomatoes** in the can with kitchen shears until finely chopped.



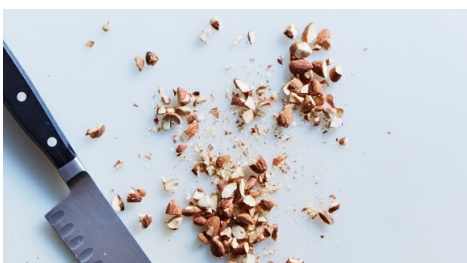
### 4. Make pilaf

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped onions** and cook, stirring, until lightly browned, about 2 minutes. Add **couscous** and **apricots**, and stir to coat. Add **½ cup water** and **¼ teaspoon salt**; bring to a boil. Cover, remove from heat, and let sit until grains are tender and water is absorbed, 5-7 minutes.



### 2. Sauté vegetables

Heat **2 tablespoons oil** in a large pot over high. Add **sliced onions** and **carrots**; season with **½ teaspoon salt**. Cook, stirring frequently, until lightly browned, about 3 minutes. Add **zucchini** and **green beans**, reduce heat to medium-high, and cook, stirring, until barely softened, about 3 minutes. Add **1½ teaspoons of the baharat spice** and cook, about 1 minute.



### 5. Prep almonds

Meanwhile, coarsely chop **almonds**.



### 3. Add tomatoes & seasoning

Add **tomatoes** and **1 cup water**; bring to a boil. Season with **1 teaspoon salt** and **several grinds of pepper**. Partially cover and cook over medium heat until **vegetables** are tender, about 15 minutes. Uncover and cook until liquid is slightly reduced, about 5 minutes more. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Fluff **couscous** with a fork. Serve **couscous** topped with **vegetable stew**. Garnish with **chopped almonds** and crumble **goat cheese** on top. Drizzle with **olive oil**, if desired. Enjoy!