



Moroccan Vegetable Stew

with Apricot Couscous Pilaf



30-40min



4 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

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

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot
- medium 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.

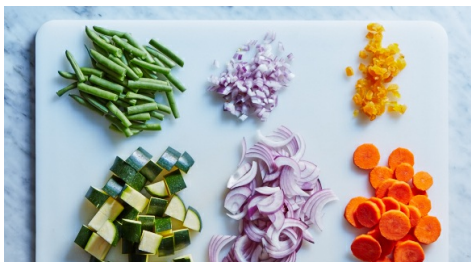
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 520.0kcal, Fat 21.0g, Proteins 17.0g, Carbs 68.0g



1. Prep vegetables

Peel and cut **carrots** 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 the rest. Finely chop **apricots**. Cut **tomatoes** in the cans with kitchen shears until finely chopped.



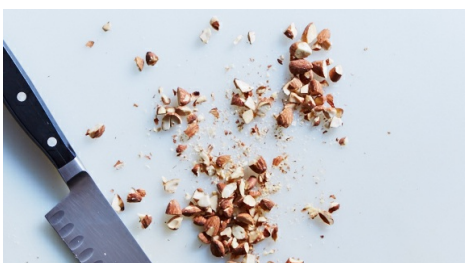
4. Make pilaf

Heat **1½ tablespoons oil** in a medium saucepan over medium-high. Add **chopped onions** and cook until lightly browned, about 2 minutes. Add **couscous** and **apricots**, and stir to coat. Add **1 cup water** and **½ 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 **3 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 **4 teaspoons baharat spice** and cook, about 1 minute.



5. Prep almonds

Meanwhile, coarsely chop **almonds**.



3. Add tomatoes & seasoning

Add **tomatoes** and **1½ cups water**; bring to a boil. Season with **1½ teaspoons salt** and **several grinds of pepper**. Partially cover and cook over medium heat until vegetables are tender, about 20 minutes. 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!