



MARLEY SPOON



HEALTHY

Harissa Spiced Beef with Cauliflower Chickpea Braise

 20-30min  2 Portions

As the weather cools, slow food comes to mind. However, producing a hearty slow-cooked North African tagine on a weeknight is often out of reach. So here we've added fragrant spices and all the flavour of harissa paste in a convenient seasoning for a quick-cooking version. All the feels without the fuss.

What we send

- beef stir-fry
- mint, garlic
- harissa seasoning ¹⁷
- onion
- carrot
- cauliflower
- chickpeas
- cumin and coriander spice blend
- chicken-style stock cube
- dried mint

What you'll require

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

Utensils

- medium frypan
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Reserve a few of the smallest mint leaves to scatter over at the end if you like.

Allergens

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

Nutrition per serving

Energy 485kcal, Fat 16.3g, Carbs 24.6g, Proteins 52.5g



1. Prepare vegetables

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **cauliflower** into small florets. Peel the **carrot**, halve lengthwise and thinly slice. Rinse and drain the **chickpeas**.



4. Braise vegetables

Add the **cauliflower, chickpeas** and **carrot** and toss well to combine in spice mixture. Add the **stock**, bring to the boil then reduce the heat to medium and cook, covered, for 10 mins or until the vegetables are tender. Add **1 tsp white wine vinegar** and simmer, uncovered, for 2 mins.



2. Marinate beef

Put **2 tsp harissa, 1 tbs olive oil** and **2 tsp dried mint** in a bowl, season with **salt** and stir to combine. Separate the **beef stir-fry**, add to the bowl and toss to coat.



5. Cook beef

Meanwhile, heat a medium frypan over high heat. Cook **beef**, stirring, for 2-3 mins until browned.



3. Cook onion

Crumble the **stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve. Heat **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **onion, garlic, cumin and coriander**, stirring, for 3 mins or until fragrant.



6. Get ready to serve

Finely chop the **mint leaves** (see cooking tip), discarding the stems and stir into the **cauliflower braise**. Taste and season with **salt and pepper**. Divide the **vegetables** and **beef** among bowls to serve.