


# MARLEY SPOON



**HEALTHY**

## Harissa Spiced Beef with Cauliflower Chickpea Braise

 20-30min  4 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

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

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- large frypan
- large 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 490kcal, Fat 16.3g, Carbs 24.7g, 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 **carrots**, halve lengthwise and thinly slice. Rinse and drain the **chickpeas**.



### 2. Marinate beef

Put **1 tbs harissa**, **2 tbs olive oil** and **1 tbs 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.



### 3. Cook onion

Crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve. Heat **2 tbs olive oil** in a large saucepan over medium-high heat. Cook the **onion, garlic, cumin and coriander**, stirring, for 3 mins or until fragrant.



### 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 **2 tsp white wine vinegar** and simmer, uncovered, for 2 mins.



### 5. Cook beef

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



### 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.