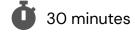




Quick Moroccan Beef Stew

with Minty Potatoes

Morocco meets Perth with this flavourful, family-friendly dish. WA-local grass-fed beef, seasonal vegetables, potatoes, and an aromatic Moroccan apricot spice mix combined in a simple weeknight stew.





4 servings



Mash it up

If preferred, you can make a potato (or a potato & broccoli) mash to go on the side instead of boiled potatoes.

FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
CARROTS	2
PARSNIP	1
APRICOT/SPICE MIX	1 packet (100g)
TINNED CHERRY TOMATOES	400g
BROCCOLI	1
BEEF STRIPS	600g
MINT	1/2 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper

KEY UTENSILS

2 large frypans, saucepan

NOTES

Instead of adding broccoli to the stew, you can steam, boil or roast it to serve on the side.

No beef option - beef strips are replaced with chicken strips. Cook as per recipe.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain and return to saucepan.



2. FRY THE VEGETABLES

Heat a frypan with **oil** over medium-high heat. Roughly chop and add onion, carrots and parsnip. Cook for 3 minutes, then add spice mix.



3. SIMMER THE STEW

Add cherry tomatoes and 1 tin water to frypan. Semi-cover and simmer for 8-10 minutes.

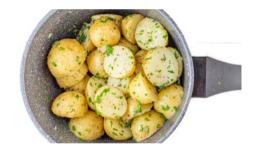
Cut broccoli into small florets and add to stew (see notes), then cook for a further 3 minutes.



4. COOK THE BEEF

Toss the beef strips with oil, salt and pepper. Heat a second frypan over high heat. Cook strips in batches and add to the stew.

When all the beef is added, stir well and season with **salt and pepper**.



5. TOSS THE POTATOES

Chop mint (to taste, keep some for garnish) and toss with potatoes, 2 tbsp butter/olive oil, salt and pepper.



6. FINISH AND PLATE

Serve stew in bowls with potatoes on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



