



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Parsnip

Parsnips are root vegetables that boast a sweet, slightly nutty flavour. Just one cup of this vegetable provide a quarter of your daily fibre needs!



## 3 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.

 30 minutes

 2 servings

 Beef

28 May 2021

## Mash it up

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

## FROM YOUR BOX

BABY POTATOES	400g
RED ONION	1/2 *
CARROT	1
PARSNIP	1
APRICOT/SPICE MIX	1 packet (50g)
TINNED CHERRY TOMATOES	400g
BROCCOLINI	1
BEEF STRIPS	300g
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans, saucepan

## NOTES

Instead of adding broccolini 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, carrot and parsnip. Cook for 3 minutes, then add spice mix.



### 3. SIMMER THE STEW

Add cherry tomatoes and **1/3 tin water** to frypan. Semi-cover and simmer for 8-10 minutes.

Cut broccolini into 3cm pieces 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, **1 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](mailto:hello@dinnertwist.com.au)

