



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.





2 servings



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.

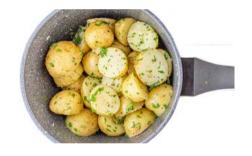
Cut broccolini into 3cm pieces and add to stew (see notes), then cook for a further 3 minutes.



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



