

Recipe of the Week 43

Beef & Vegetable Tagine

Kick start your winter immune strategy with this warming recipe. Iron, zinc and vitamin C play vital role in immune cells. Including your recovery meal or snack within 30 minutes following intense training will help you to overcome the stress of exercise. Adhering to your hydration strategies and including coloured vegetables and fruit in your day will also maximise your time in the water through reducing illness.

Ingredients



- 600g gravy beef, excess fat trimmed, thinly sliced
- 1 tbs Moroccan Seasoning
- 6 roma tomatoes, halved lengthways
- 500g Kent pumpkin, unpeeled, seeded, cut into 4cm pieces
- 200g celeriac, peeled, cut into 2cm pieces
- 2 carrots, halved crossways, thickly sliced
- 1 small swede, peeled, coarsely chopped
- 2 courgette, cut into 6cm-thick slices diagonally
- 125ml (1/2 cup) beef stock
- 400g can cannellini beans, rinsed, drained
- Chopped fresh continental parsley, to serve

Serves: 6

Preparation time: 30 minutes

Cooking time: 2 hours

Each serving contains

Energy – 225 kcal

Carbohydrates – 17 g

Protein – 29 g

Fat – 4.5 g (Saturated 1.5g)

Method

1. Combine beef and Moroccan seasoning in a bowl. Cover with plastic wrap and place in the fridge for 30 minutes to marinate.
2. Place the tomato in a 3L (12-cup) capacity flameproof tagine. Top with the beef, pumpkin, celeriac, carrot, swede and courgette. Add the stock. Cover and cook over low heat for 1 hour 45 minutes or until the beef is very tender.
3. Stir in the beans. Cover. Set aside for 10 minutes or until beans are heated through. Top with parsley.

Adapted from: <http://www.taste.com.au/recipes/27161/beef+vegetable+tagine>

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