



Recipe created by Roberta Asher
(chef & dietitian)

Serves: 10 (½ cup per serve)

Time to prepare: 30 mins

Time to cook: 1 hour 30 mins – 2 hours

Hands on time: 40 mins

Freeze: Yes

Ingredients

2 carrots

1 cm piece ginger

1 bunch coriander

1 brown onion

500g chuck steak with fat trimmed off

Salt (less than ¼ teaspoon) and pepper

1 tablespoon extra virgin olive oil

100g pitted prunes

½ teaspoon ground cinnamon

1000ml reduced-salt beef stock or water (the beef stock will give a richer tagine)

1 cup (~1 tablespoon per serve) low-fat unsweetened Greek yoghurt

NUTRITION INFORMATION

Per ½ cup serve with yoghurt

Energy	703 kJ / 168 cal
Protein	14.7 g
Carbohydrate	12.8 g
Dietary Fibre	2.4 g



Method

PREPARE

1. Wash the **carrots and ginger** well under cold running water.
2. Wash the **coriander** and dry in a salad spinner or colander.
3. Cut off and discard the ends of the **carrots**, cut each of the 2 remaining carrots in half lengthways and then cut into pieces no bigger than a dice. Put on a plate.
4. Peel the skin off the **ginger** with a vegetable peeler. Finely mince the **ginger** on a handheld grater or a box grater. You should end up with about 1 teaspoon of **ginger**. Put on the plate with the carrots.
5. Roughly chop the **herb** leaves and stems, discard the roots. Add the chopped herb on the plate with the vegetables.
6. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely.
7. Cut the **chuck steak** into 2cm pieces (just a bit bigger than a dice). Season the steak with **pepper** and a small amount of **salt**.

COOK

8. Heat **extra virgin olive oil** in a large frying pan over a medium - high heat.
9. Add some of the **steak** to the pan or casserole and cook until brown on all sides. Put the browned steak into the bowl.

Chef's tip: Brown the steak in small batches so that it browns well. Don't put too much steak in the pan at once as this will cause the pan to cool and the steak will turn grey instead of forming a nice brown crust. Browning the steak will add a rich flavour to your stew. Some brown bits will stick to the bottom of the pan, this is good, but turn the heat down if it starts to turn black.

10. Add the **onions** and cook until they have softened.
11. Turn the heat down to low. Carefully add some of the water. Be careful as it will quickly bubble and boil in the hot pan. This is called 'de-glazing'. Use a spoon or tongs to scrape all the sticky brown bits from the bottom of the pan into the liquid. These will give the stew lots of flavour.
12. Put the **steak** and all **remaining ingredients** into the large pot or casserole, cover and simmer for ~1.5 hours over a low flame.
13. After 1 hour check the steak. Avoid over-cooking the steak as it will become too dry. Check the meat every 15 - 30 minutes and continue to cook until the beef is soft enough to break apart when you bite into it.
14. Blend until smooth using a blender or hand-held blender. You may need to do this in batches depending on the capacity of your blender.
15. Serve with a dollop of **unsweetened low-fat Greek yoghurt**.

Safety tip: Be very careful when pureeing hot food as the steam can cause the food to spray everywhere! Before blending let the food cool down so that steam is no longer rising from it. Do not fill the jug or bowl more than halfway. Start the blender or hand-held blender on the lowest setting possible. If you are using a blender remove the small insert in the top of the lid and place a clean folded tea towel over the remaining hole in the lid to stop the puree from spraying out. If you are using a hand-held blender with a jug you can place folded tea towel over the opening at the top of the jug to stop the puree from spraying out.

Time saving tip: This dish freezes well so make a double batch when you have time and freeze individual portions for later. It will keep for up to six weeks, stored at -18°C. Label and date the tagine and use the oldest ones first to reduce the risk of food waste.



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