

# MIDDLE EASTERN BRAISED BEEF CHEEKS WITH BROCCOLI & LEMON COUSCOUS





#### **INGREDIENTS:**

- > 600-800g Beef Cheeks
- > 1 Brown Onion
- > 3 Garlic Cloves
- > ½ Fennel
- > ½ Bunch Coriander
- > 400g Chickpeas
- > 500ml Beef Stock

- > 1 ½ Cups Couscous
- > 1 Broccoli
- > 1 Lemon
- > 2 Bay Leaves
- > 1 Cinnamon Quill
- > 1 Pinch Saffron

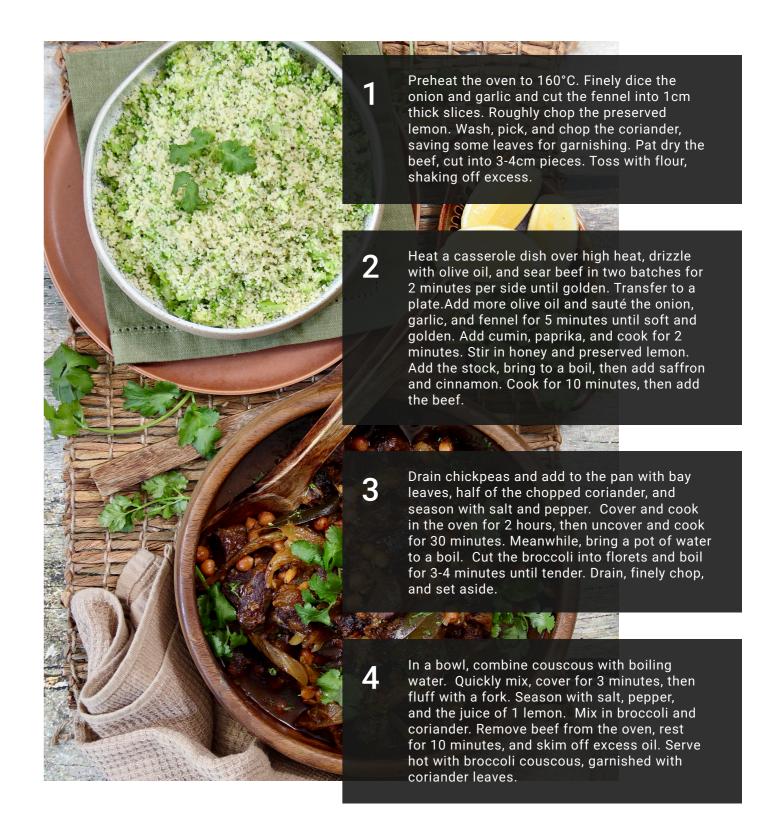
#### WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Cup Flour
- > ½ Tbsp Preserved Lemon, optional
- > 1 Tbsp Honey
- > Olive Oil

- > Salt and Pepper
- > 1 ½ Cups Boiling Water
- > 1 tsp Ground Cumin
- > 1 tsp Smoked Paprika

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## METHOD - GET COOKING!



#### CHEF'S TIPS FOR COOKING AND LEFTOVER...

• There won't be any leftovers this time!

