



READY TO COOK
BY HARRIS FARM

MIDDLE EASTERN BRAISED BEEF CHEEKS WITH BROCCOLI & LEMON COUSCOUS



PREP
20 min

COOK
3 hrs

SERVES
4

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!



1 Preheat the oven to 160°C. Finely dice the onion and garlic and cut the fennel into 1cm thick slices. Roughly chop the preserved lemon. Wash, pick, and chop the coriander, saving some leaves for garnishing. Pat dry the beef, cut into 3-4cm pieces. Toss with flour, shaking off excess.

2 Heat a casserole dish over high heat, drizzle with olive oil, and sear beef in two batches for 2 minutes per side until golden. Transfer to a plate. Add more olive oil and sauté the onion, garlic, and fennel for 5 minutes until soft and golden. Add cumin, paprika, and cook for 2 minutes. Stir in honey and preserved lemon. Add the stock, bring to a boil, then add saffron and cinnamon. Cook for 10 minutes, then add the beef.

3 Drain chickpeas and add to the pan with bay leaves, half of the chopped coriander, and season with salt and pepper. Cover and cook in the oven for 2 hours, then uncover and cook for 30 minutes. Meanwhile, bring a pot of water to a boil. Cut the broccoli into florets and boil for 3-4 minutes until tender. Drain, finely chop, and set aside.

4 In a bowl, combine couscous with boiling water. Quickly mix, cover for 3 minutes, then fluff with a fork. Season with salt, pepper, and the juice of 1 lemon. Mix in broccoli and coriander. Remove beef from the oven, rest for 10 minutes, and skim off excess oil. Serve hot with broccoli couscous, garnished with coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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