

SLOW COOKER MORROCCAN BEEF CASSEROLE



SERVES: 4

MAKES:

APPROX PREP TIME: 20 mins

PRODUCT USED

6.5 Litre Red 'Sear and Stew' Slow Cooker



INGREDIENTS

- 2 tablespoons olive oil
- 750g beef chuck steak, cut into 4cm pieces
- 1 brown onion, finely chopped
- 1 tablespoon ginger, finely grated
- 1 cinnamon stick
- 1 tablespoon ground cumin
- 2 teaspoons turmeric
- 400g can crushed tomatoes
- 1/2 cup (125ml) beef stock
- 1/3 cup (55g) dates
- 1kg sweet potato, peeled, cut into 4cm pieces
- 75g feta, crumbled
- 2 tablespoons flaked almonds, toasted
- Coriander leaves, to serve
- Lime wedges, to serve
- Pita bread, to serve

METHOD

Heat 1 tablespoon oil in the searing pot of the 'Sear and Stew' Slow Cooker over high heat on your stove. Cook one-third of the beef, turning, for 3 mins or until browned all over. Transfer to a bowl. Repeat with remaining beef. Set aside.

Heat remaining oil in the searing pot over medium heat on your stove. Add onion, ginger, cinnamon, cumin and turmeric; cook 2 minutes. Add tomato, stock, dates, sweet potato and beef; transfer searing pot to the slow cooker. Cook on high for 4 hours, or on low for 6 hours, or until beef is very tender.

Spoon casserole into serving bowls. Sprinkle with feta, almonds and coriander. Serve with lime wedges and pita bread.