

## Beef Tagine with Harissa and Dates

This beef tagine combines the warmth of harissa with the sweetness of dates, creating a rich, flavorful Moroccan dish that will surely impress. The slow-cooked beef becomes tender and juicy, while the spices infuse the dish with depth and complexity.

### INGREDIENTS

- ½ kg beef
- 2 carrots or ¼ pumpkin
- 1-3 tablespoons of Jasmeen harissa (depending on how spicy you like it)
- 5-6 dates
- 3 garlic cloves
- 1 can of tomatoes
- 1 onion
- 1 cup of cooked chickpeas or 1 can of Jasmeen chickpeas
- 200 ml of tomato passata
- 1 flat teaspoon of cinnamon
- 1 teaspoon of ground ginger
- 2 teaspoons of sweet paprika
- Salt and pepper to taste
- 1 cup of broth or water
- Olive oil
- ½ bunch of parsley or fresh cilantro



### Preparation:

Cut the beef into cubes and sauté in olive oil. Then add thinly sliced onions, finely chopped garlic, and spices: cinnamon, ginger, sweet paprika, salt, and pepper. Cook for 2-3 minutes, then add sliced carrots or diced pumpkin. Pour in water and simmer until the meat becomes very tender.

Next, add tomatoes, harissa, and dates, and cook for an additional 15 minutes. Season with salt to taste.

Serve the tagine generously sprinkled with fresh parsley or cilantro, ideally with couscous (or any grain of your choice).