



# Harissa Lamb Pie

with Coriander Roasted Carrots

**CLASSIC** 35 Minutes • 2.5 of your 5 a day

N° 21



Carrot



Ground Coriander



Onion



Garlic Clove



Chickpeas



Lamb Mince



Harissa Paste



Beef Stock Powder



Puff Pastry Sheet

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Carrot	3	4	6
Ground Coriander	1 small pot	1 large pot	1 large pot
Onion	1	1	2
Garlic Clove	2 cloves	3 cloves	4 cloves
Chickpeas	1 carton	1½ cartons	2 cartons
Lamb Mince	200g	300g	400g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	150ml	200ml	250ml
Puff Pastry Sheet 13)	1 roll	1½ rolls	2 rolls

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	644g	100g
Energy (kJ/kcal)	4678 /1118	726 /173
Fat (g)	63	10
Sat. Fat (g)	26	4
Carbohydrate (g)	98	15
Sugars (g)	21	3
Protein (g)	39	6
Salt (g)	2.72	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Get Started

Preheat your oven to 210°C. Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **carrots** on a baking tray, drizzle with **oil** and season with **ground coriander**, **salt** and **pepper**. Toss to coat and set aside for later.



## 4. Finish the Filling

Add the **harissa paste**, **beef stock powder** and **water** (see ingredients list for amount), plus the **crushed** and **whole chickpeas**. Stir to combine and allow to simmer on a medium heat until the **sauce** has thickened slightly, 4-5 mins. Season with **salt** and **pepper**. Remove from the heat.



## 2. Prep the Veg

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a colander. Put **half** of them into a bowl. Mash with back of a fork and set aside.



## 5. Make the Pie

Transfer the **lamb mixture** to an oven proof dish and cover with the **puff pastry sheet**. Trim any **excess pastry** with a sharp knife, and brush with a little **oil**. Pop in the oven. Bake the **pie** on on the top shelf and the **carrots** on the middle shelf until the **pastry** is golden, and the **carrots** are golden and cooked through, 15-18 mins. Turn the **carrots** halfway through.



## 3. Start the Filling

Put a frying pan on medium-high heat. Add the **lamb mince** (no oil) and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once browned, drain off any excess fat, then add the **onion** and cook until softened, stir occasionally, 3-5 mins. Stir in the **garlic** and cook for 1 minute more.



## 6. Plate Up

Once the **pie** is cooked, leave to stand for a couple of minutes. Serve the **pie** on plates accompanied by the **coriander roasted carrots**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.