














# Turkish Inspired Harissa Beef Loaded Flatbreads with Cheese and Sweet Potato Chips

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Street Food 35-45 Minutes • Medium Spice • 4 of your 5 a day



-  Sweet Potato
-  Chermoula Spice Mix
-  Beef Mince
-  Garlic Clove
-  Harissa Paste
-  Sun-Dried Tomato Paste
-  Mint
-  Cucumber
-  Greek Style Natural Yoghurt
-  Greek Style Flatbreads
-  Greek Style Salad Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan, garlic press, lid, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Harissa Paste <b>14</b>	50g	75g	100g
Sun-Dried Tomato Paste	25g	37g	50g
Mint**	½ bunch	¾ bunch	1 bunch
Cucumber**	½	¾	1
Greek Style Natural Yoghurt**	75g	120g	150g
Greek Style Flatbreads <b>13</b>	2	3	4
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4041/966	624/149
Fat (g)	42.3	6.5
Sat. Fat (g)	16.2	2.5
Carbohydrate (g)	96.3	14.9
Sugars (g)	25.5	3.9
Protein (g)	48.5	7.5
Salt (g)	2.86	0.44

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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## Sweet Potato Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, sprinkle over **half** the **chermoula spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



## Mix the Cucumber Yoghurt

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces.

In a medium bowl, combine the **cucumber** with the **yoghurt** and **half** the **mint**. Taste and season with **salt** and **pepper**, then set aside.



## Fry the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Warm the Flatbreads

When the **chips** have a few mins left, pop the **flatbreads** (1 per person) onto a baking tray and into the oven until warm and starting to turn golden, 3-4 mins.



## Let's go to Flavour Town

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Stir the **garlic**, **harissa**, **sun-dried tomato paste** and remaining **chermoula** into the **beef mince**, then cook for 1 min.

Remove from the heat, then cover with a lid or foil to keep warm. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Assemble and Serve

When everything's ready, lay the **flatbreads** on your plates and top with the **harissa beef** (reheat first if needed).

Crumble the **Greek style salad cheese** over the top, then scatter with the remaining **mint**.

Serve your **loaded flatbreads** with the **sweet potato chips** and **cucumber yoghurt** alongside.

Enjoy!