















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

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



-  Sweet Potato
-  Chermoula Spice Mix
-  Beef Mince
-  Garlic Clove
-  Harissa Paste
-  Sun-Dried Tomato Paste
-  Baby Spinach
-  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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Chermoula Spice Mix	2 sachets	3 sachets	4 sachets
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Harissa Paste	1 sachet	1½ sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Baby Spinach**	100g	150g	200g
Mint**	½ bunch	¾ bunch	1 bunch
Cucumber**	½	¾	1
Greek Style Natural Yoghurt**	75g	120g	150g
Greek Style Flatbreads 13	2	3	4
Greek Style Salad Cheese** 7	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4538 / 1085	584 / 140
Fat (g)	48.7	6.3
Sat. Fat (g)	20.1	2.6
Carbohydrate (g)	109.8	14.1
Sugars (g)	23.6	3.0
Protein (g)	54.8	7.1
Salt (g)	3.84	0.49

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

Allergens

7) Milk 13) Cereals containing gluten

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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Chop the Chips

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.



Make your 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.



Spice up the Beef

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.

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**, then cook for 1 min.



Flatbread Time

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



Add the Spinach

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

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 is 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!