









Ras el Hanout



Harissa Paste



Beef Stock Powder



Greek Yoghurt



Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Garlic Press, Sieve, Frying Pan, Wooden Spoon, Baking Tray, Bowl.

Ingredients

	2P	3P	4P	
Onion**	1	1	2	
Carrot**	1	2	2	
Garlic Clove**	2	3	4	
Lentils	1 carton	1½ cartons	2 cartons	
Beef Mince**	120g	240g	240g	
Ciabatta 11) 13)	1	2	2	
Sumac	1 pot	1 pot	2 pots	
Harissa Paste	½ sachet	¾ sachet	1 sachet	
Ras el Hanout	½ pot	¾ pot	1 pot	
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons	
Water for the Beef*	150ml	225ml	300ml	
Beef Stock Powder	1 sachet	2 sachets	2 sachets	
Olives	30g	45g	60g	
Greek Yoghurt 7)**	75g	150g	150g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	656g	100g
Energy (kJ/kcal)	2956 /707	451/108
Fat (g)	25	4
Sat. Fat (g)	8	1
Carbohydrate (g)	82	13
Sugars (g)	24	4
Protein (g)	32	5
Salt (g)	3.12	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

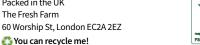
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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the **carrot**, quarter lengthways and chop into 1cm chunks (no need to peel). Peel and grate the garlic (or use a garlic press). Drain and rinse the lentils in a sieve.



Start Cooking

Heat a drizzle of oil in a large frying pan on medium-high heat. Once the pan is hot, add the beef mince and fry until browned, 3-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Break it up with a wooden spoon as it cooks. Once browned, add the **onion** and carrot and season with salt and pepper and a pinch of **sugar**. Fry until the **veggies** have softened, 6-7 mins.



Prep the Bread

While the veg softens cut the ciabatta in half as though you're making a sandwich. Pop them on a baking tray. Drizzle with oil and sprinkle on the sumac. Set aside.



Simmer!

Add the garlic, harissa paste and ras el hanout to the **beef** (add slightly less paste and spice if you don't like too much heat). Stir and cook for 1 minute. Pour in the chopped tomatoes, lentils and water (see ingredients for amount). Stir in the beef stock powder to dissolve, bring the mixture to the boil. Lower the heat and simmer until thickened, 6-8 mins. TIP: Add a splash of water if the harira is a little thick so you can dip your bread in it!



Prep the Olives

Meanwhile, pop the ciabatta into your oven to bake until golden, 4-5 mins. Slice the olives and set aside. When the harira is cooked, taste and add salt and pepper if you feel it needs it.



Finish and Serve

Cut the ciabatta into triangles. Spoon the harira into bowls and top with a spoonful of Greek yoghurt, some black pepper and some olive slices.

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.