



# Warming Beef Harira Style Soup with Sumac Ciabatta Dippers

Family 30 Minutes • Little Spice • 2 of your 5 a day

8



- Onion
- Carrot
- Garlic Clove
- Lentils
- Beef Mince
- Ciabatta
- Sumac
- Harissa Paste
- Ras el Hanout
- Finely Chopped Tomatoes
- Beef Stock Powder
- Olives
- Greek Yoghurt

## Before you start

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

## 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 <b>11</b> <b>13</b> | 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 <b>7</b> **    | 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.

## Contact

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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.