



# Warming Beef Harira-Style Soup with Sumac Ciabatta Dippers

Classic 30 Minutes • Little Heat • 2 of your 5 a day

2



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:

Fine Grater (or Garlic Press), Sieve, Frying Pan and Baking Tray.

## 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>	2	3	4
Sumac	1 small pot	1 large pot	2 small 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	1 pouch	1½ pouches	2 pouches
Greek Yoghurt <b>7</b> **	75g	150g	150g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>656g</b>	<b>100g</b>
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)	33	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.



## 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 one minute. Pour in the **chopped tomatoes**, **lentils** and **water**. 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!



## 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, breaking it up with a wooden spoon as it cooks, 3-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. **TIP:** Drain any excess fat from the pan. Once browned, add the **onion** and **carrot**, season with **salt** and **pepper** and a pinch of **sugar**. Fry until the **veggies** have softened, 6-7 mins.



## 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.



## 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.



## Finish and Serve

Halve 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.