

# Warming Beef Harira-Style Soup

with Sumac Ciabatta Dippers

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











Carrot





Garlic Clove



Beef Mince





Sumac



Harissa Paste



Ras el Hanout



Finely Chopped Tomatoes



Beef Stock Powder





**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 11) 13)	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 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)	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.

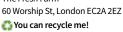
#### Contact

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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.



## **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 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 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!



#### **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

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.