














# Warming Beef Harira Style Stoup

with Garlic Ciabatta Dippers and Yoghurt

**Classic** 30 Minutes • Mild Spice • 1 of your 5 a day

25



-  Red Onion
-  Carrot
-  Garlic Clove
-  Brown Lentils
-  Beef Mince
-  Ciabatta
-  Harissa Paste
-  Ground Cumin
-  Finely Chopped Tomatoes
-  Beef Stock Paste
-  Greek Style Natural Yoghurt

**Pantry Items**  
Olive Oil, Water

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, sieve, frying pan and baking tray.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	3	4	5
Brown Lentils	1 carton	1½ cartons	2 cartons
Beef Mince**	120g	240g	240g
Ciabattam <b>13)</b>	2	3	4
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Harissa Paste	½ sachet	¾ sachet	1 sachet
Ground Cumin	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Beef*	150ml	225ml	300ml
Beef Stock Paste	10g	15g	20g
Greek Style Natural Yoghurt** <b>7)</b>	75g	150g	150g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>631g</b>	<b>100g</b>
Energy (kJ/kcal)	2907 / 695	461 / 110
Fat (g)	29	5
Sat. Fat (g)	9	1
Carbohydrate (g)	75	12
Sugars (g)	18	3
Protein (g)	31	5
Salt (g)	3.10	0.49

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) 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.

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## Contact

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## Prep the Veg

Preheat your oven to 200°C. Halve, peel and thinly slice the **red 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 **brown lentils** in a sieve.



## Simmer the Sauce

When the **veg** has softened, stir the remaining **garlic**, **harissa paste** (see ingredients for amount - add less if you don't like heat) and **cumin** into the **beef** pan. Cook for 1 min, then add the **chopped tomatoes**, **brown lentils** and **water for the beef** (see ingredients for amount). Stir in the **beef stock paste**, then bring the **mixture** to the boil. Lower the heat and simmer until thickened, 6-8 mins.

**TIP:** Add a splash of water if it's a little thick.



## Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince** and fry until browned, 3-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Once browned, add the **onion** and **carrot** to the pan. Season with **salt** and **pepper** and a pinch of **sugar** (if you have any). Fry until the **veggies** have softened, 6-7 mins.



## Garlic Bread Time

Meanwhile, bake the **garlic bread** on the top shelf of your oven until golden, 5-6 mins. When the **harira** has thickened to your liking, taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Prep the Bread

While the **veg** cooks, halve the **ciabatta** and lay them onto a baking tray, cut-side up. Spread over the **garlic** and drizzle with the **oil for the garlic bread** (see ingredients for amount). Set aside.



## Finish and Serve

Halve the **garlic bread** into triangles. Spoon the **harira** into bowls and top with a spoonful of **yoghurt**. Serve the **garlic bread** alongside for dipping.

Enjoy!

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