



# Warming Beef Harira Style Stoup with Garlic Ciabatta Dippers and Yoghurt

Knorr 25-30 Minutes • Mild Spice • 4 of your 5 a day

4



Carrot



Garlic Clove



Lentils



Olives



Beef Mince



Ciabatta



Harissa Paste



Ground Cumin



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Pot



Greek Style Natural Yoghurt



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Melt Knorr Stock Pots into your cooking and effortlessly give your meals full-on flavour to please every crowd.

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Garlic press, sieve, frying pan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	3	4	5
Lentils	1 carton	1½ cartons	2 cartons
Olives	30g	45g	60g
Beef Mince**	120g	240g	240g
Ciabatta <b>13)</b>	2	3	4
Harissa Paste <b>14)</b>	50g	75g	100g
Ground Cumin	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Knorr Beef Stock	1 pot	1 pot	2 pots
Greek Style Natural Yoghurt** <b>7)</b>	75g	150g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Water for the Beef*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>689g</b>	<b>100g</b>
Energy (kJ/kcal)	3321/794	482/115
Fat (g)	37.5	5.4
Sat. Fat (g)	9.6	1.4
Carbohydrate (g)	80.6	11.7
Sugars (g)	20.3	2.9
Protein (g)	32.6	4.7
Salt (g)	5.31	0.77

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

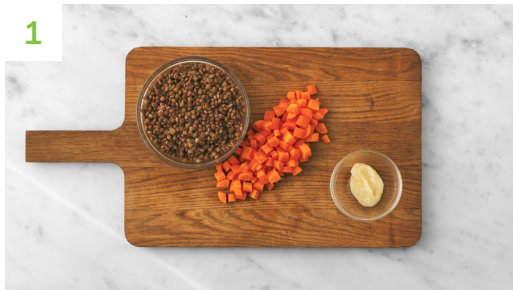
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## Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

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. Roughly chop the **olives**.



## Simmer your Stoup

When the **veg** has softened, stir the remaining **garlic**, the **olives**, **harissa paste** (add less if you'd prefer things milder) and **cumin** into the **beef** pan. Cook for 1 min.

Add the **chopped tomatoes**, **lentils** and **water for the beef** (see pantry for amount). Stir in the **Knorr beef stock**, then bring the mixture to the boil.

Lower the heat and simmer until thickened, 6-8 mins.



## Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and **carrot**. Fry until browned and softened, 5-6 mins.

Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any).



## Garlic Bread Time

Meanwhile, bake the **garlic bread** on the top shelf of your oven until golden, 5-6 mins.

When the **harira stoup** has thickened to your liking, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Prep the Bread

Meanwhile, halve the **ciabatta** and lay them onto a baking tray, cut-side up.

Spread over **half** the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Set aside.



## Finish and Serve

When ready, halve the **garlic bread** diagonally into triangles.

Spoon the **harira stoup** into bowls and top with a spoonful of **yoghurt**.

Serve the **garlic bread** alongside for dipping.

Enjoy!