



Harissa and Apricot Beef

with Chickpeas and Jasmine Rice

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

9



Jasmine Rice



Beef Mince



Dried Apricots



Garlic Clove



Chickpeas



Chermoula Spice Mix



Tomato Puree



Harissa Paste



Chicken Stock Paste



Honey

Pantry Items

Oil, Salt, Pepper, Sugar

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

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Dried Apricots 14)	40g	60g	80g
Garlic Clove**	2	3	4
Chickpeas	½ carton	¾ carton	1 carton
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Harissa Paste 14)	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Honey	15g	22g	30g
Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	409g	100g
Energy (kJ/kcal)	3286 /785	804 /192
Fat (g)	29.7	7.3
Sat. Fat (g)	9.4	2.3
Carbohydrate (g)	92.5	22.6
Sugars (g)	21.3	5.2
Protein (g)	38.2	9.4
Salt (g)	2.28	0.56

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

Allergens

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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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Flavour

- Add the **garlic**, **chermoula spice mix** and **tomato puree** to the **beef**. Cook until fragrant, 1 min.
- Lower the heat to medium, then stir in the **apricots**, **chickpeas**, **harissa paste** (add less if you'd prefer things milder), **chicken stock paste**, **honey**, **sugar** and **water for the sauce** (see pantry for both amounts). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Simmer until thickened, 3-4 mins.



Get Frying

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



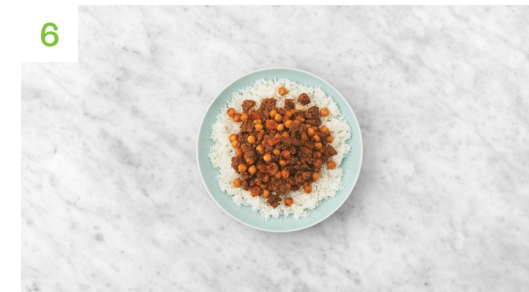
Finishing Touches

- Taste the **beef** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.
- Fluff up the **rice** with a fork.



Prep Time

- Meanwhile, cut the **dried apricots** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** (see ingredients for amount) in a sieve.
- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve Up

- Share the **rice** between your bowls.
- Top with the **harissa beef**.

Enjoy!