



**Product Spotlight:
Harissa Paste**

Made in Tasmania, this Island Curries harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten-free and has no added preservatives or fillers.



Harissa Spiced Lamb Pie

with Bean Top

This spiced-up version of shepherd's pie is the winter warmer you didn't know you needed! Lamb mince and veggies cooked with harissa paste and baked with a wholesome butter bean top.

Bulk it up!

To bulk up this meal, make a mashed potato top for the pie and add the butter beans to the filling. Enjoy leftovers for lunch the next day.



30 minutes



2 servings



Lamb

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	36g	60g

FROM YOUR BOX

LAMB MINCE	250g
BROWN ONION	1
TOMATOES	2
HARISSA PASTE	1 sachet
CARROT	1
OLIVES	1 jar
CANNELLINI BEANS	400g
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, dried oregano

KEY UTENSILS

large oven-proof frypan

NOTES

If you do not have an ovenproof frypan, transfer the filling to an oven dish at step 5 and follow the instructions.

Dress the rocket leaves with vinegar and olive oil if desired.



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1. BROWN THE LAMB MINCE

Set oven to 220°C.

Heat an ovenproof frypan (see notes) over medium-high heat. Add mince and break up any lumps with a wooden spoon. Cook for 5 minutes until mince begins to brown.



2. ADD THE AROMATICS

Slice onion and wedge tomatoes. Add to pan with harissa paste. Sauté for 2 minutes.



3. SIMMER THE FILLING

Slice carrot. Drain olives. Add to pan along with **3/4 cup water** and **1 tbsp vinegar**. Simmer for 5-8 minutes until mixture thickens (see step 4). Season to taste with **salt and pepper**.



4. MASH THE BUTTER BEANS

While filling cooks, drain and rinse beans. Add to a bowl along with **1 tsp oregano**, **2 tsp olive oil**, **salt and pepper**. Use a fork or potato masher to mash beans.



5. BAKE THE PIE

Remove frypan from heat. Evenly spread mashed beans over the top. Drizzle with **oil** and bake for 5-8 minutes until the top is golden.



6. FINISH AND SERVE

Serve pie tableside with fresh rocket leaves (see notes).

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