




Product Spotlight: Eggplant


Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!



Harissa Beef and Crispy Potatoes

Oven roasted cubes of spiced potato, topped with a simmered tomato harissa beef, finished with a drizzle of yoghurt and served with a side of fresh mesclun leaves.

 35 minutes

 4 servings

 Beef

Add some extra!

You can garnish this dish with some fresh chopped parsley or chives if you have some. Serve with a squeeze of lemon at the end for an extra burst of freshness.

Per serve: **PROTEIN** 41g **TOTAL FAT** 11g **CARBOHYDRATES** 70g

FROM YOUR BOX

MEDIUM POTATOES	1kg
RED ONION	1
BEEF MINCE	600g
HARISSA PASTE	2 sachets
TOMATOES	2
BABY EGGPLANT	1
MESCLUN LEAVES	120g
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, balsamic vinegar

KEY UTENSILS

oven tray, frypan with lid

NOTES

You can add some crushed garlic or lemon zest to the yoghurt for extra flavour if you have some!



1. ROAST THE POTATOES

Set oven to 250°C.

Dice **potatoes** and toss on a lined oven tray with **1 tbsp ground coriander, oil, salt and pepper**. Roast for 25–30 minutes until golden and crispy.



2. COOK THE BEEF & VEGGIES

Heat a frypan over medium–high heat with **oil**. Slice and add **onion** along with **beef**. Cook for 5 minutes. Stir in **harissa paste**. Dice and add **tomatoes** and **eggplant**.



3. SIMMER THE BEEF

Stir in **3/4 cup water**. Cover and simmer for 10–15 minutes until reduced. Season with **salt and pepper** to taste.



4. DRESS THE LEAVES

Whisk **1/2 tbsp balsamic vinegar** with **1 tbsp olive oil, salt and pepper**. Toss with **mesclun leaves**.



5. FINISH AND SERVE

Transfer potatoes to a serving dish and top with beef mince. Drizzle with **yoghurt** and serve with mesclun leaves (see notes).



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