



Product Spotlight: Harissa Paste

Made in Tasmania, this Island Curries harissa is a red chilli pepper based paste widely used in Moroccan cooking. It's gluten free with no added preservatives or fillers.



Harissa Spiced Lamb Pie with Bean Top

A spiced-up shepherd's pie of harissa lamb and vegetables, baked under a golden mashed butter bean top.



30 minutes



4/6 servings



Lamb

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	29g	36g

FROM YOUR BOX

	4 PERSON	6 PERSON
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	1
TOMATOES	3	4
HARISSA PASTE	2 sachets	3 sachets
CARROTS	2	3
SICILIAN OLIVES	1 jar	1 jar
BUTTER BEANS	2 x 400g	3 x 400g
ROCKET LEAVES	60g	2 x 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 **lamb 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 **carrots**. Drain **olives**. Add to pan along with **1 1/2 cups water** and **2 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**. Mash with **1 tbsp olive oil**, **2 tsp oregano**, **salt and pepper** using a fork or potato masher.

6P – use **1 1/2 tbsp olive oil** and **3 tsp oregano**.



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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