




Product Spotlight: Harissa Paste


Harissa is a hot, aromatic paste made up of chilli and assorted spices and herbs. It's widely used in North African and Middle Eastern cuisines to flavour stews, soups, cous cous and dips.



4 Harissa Beef with Savoury Pancake

Beef mince and cherry tomatoes cooked in harissa paste, served with savoury pancakes and fresh vegetables.

 30 minutes

 2 servings

 Beef

24 September 2021

Bulk it up!

If you have spare vegetables in your fridge like zucchini, spinach or kale, chop or grate them and add to your pancake mixture to bulk it out.

Per serve: **PROTEIN** 38g **TOTAL FAT** 21g **CARBOHYDRATES** 21g

FROM YOUR BOX

ONION BHAJI MIX	1 packet
BEEF MINCE	300g
HARISSA PASTE	1 sachet
CHERRY TOMATOES	1/2 bag (100g) *
GREEN BEANS	1/2 bag (75g) *
ROCKET LEAVES	1 packet (60g)
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried mint (see notes), white wine vinegar

KEY UTENSILS

2 frypans

NOTES

If you don't have dried mint you could use dried oregano or Italian herbs.

This will make roughly 4 pancakes.

If you prefer green beans cooked, add them to the beef mix or blanch them in hot water for 1 minute before dressing with the other greens.

No beef option - beef mince is replaced with **chicken mince**. Add oil to frypan and cook following instructions.



1. PREPARE PANCAKES

In a large bowl mix together onion bhaji mix with **1 cup water**.



2. COOK THE PANCAKES

Heat a frypan over medium-high heat with **oil**. In batches, cook 1/4 cup pancake mix for 2-4 minutes each side until golden (see notes). Remove pancakes to serving plates once they are cooked.



3. SAUTÉ THE BEEF

Meanwhile, heat a second frypan over medium-high heat. Add beef mince and harissa paste. Cook, stirring, for 3 minutes. Halve cherry tomatoes, add to pan and cook for a further 6-8 minutes until beef is cooked through. Season with **salt and pepper**.



4. DRESS GREENS

In a large bowl, whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, 1/2 tsp dried mint, salt and pepper**. Trim and cut green beans (see notes) into thirds. Add to bowl with dressing, along with rocket and snow pea sprouts. Toss until well coated.



5. FINISH AND SERVE

Top pancakes with beef and dressed greens.

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