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Harissa Beef with Spiced Carrot & Chickpea Salad

Did you know ras el hanout literally means ‘top of the shop’? It’s a blend of the best spices in the bazaar. Fortunately, we’ve brought the flavour to you so you don’t have to traipse around the markets yourself. It’s just the thing for this feisty salad with harissa beef and tasty chickpeas.



Prep: 15 mins
Cook: 20 mins
Total: 35 mins



level 1



high fibre



high protein

Pantry Items



Olive Oil



Balsamic
Vinegar



Carrot



Chickpeas



Ras El Hanout
Spice Mix



Baby Spinach
Leaves



Coriander



Harissa Paste



Premium Beef
Rump

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2P	4P	Ingredients
1	2	carrot, peeled & sliced into 5 mm discs
1 tin	2 tins	chickpeas, drained & rinsed
¾ sachet	1 ½ sachets	ras el hanout spice mix (recommended amount)
2 tbs	4 tbs	olive oil *
½ bag	1 bag	baby spinach leaves, washed ⊕
½ bunch	1 bunch	coriander, leaves picked ⊕
1 tsp	2 tsp	balsamic vinegar *
1 tub	2 tubs	harissa paste
2 steaks	4 steaks	premium beef rump

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2200	Kj
Protein	43.5	g
Fat, total	26.1	g
-saturated	5.5	g
Carbohydrate	22.9	g
-sugars	4.5	g
Sodium	175	mg

2a



You will need: *chef's knife, chopping board, vegetable peeler, sieve, oven tray lined with baking paper, two medium bowls, medium frying pan, tongs, plate and aluminium foil.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Lay the **carrot** and **chickpeas** in a single layer on the prepared oven tray. Pour over the **ras el hanout spice mix** and half the **olive oil**. Season with **salt** and **pepper**. Toss to coat. Cook the carrot and chickpeas in the oven for **15 minutes**, or until golden and roasted. Once cooked combine the carrot, chickpeas, **baby spinach leaves** and **coriander leaves** in a medium bowl. Drizzle with a dash of olive oil and the **balsamic vinegar** and season with salt and pepper. Set aside.

2b



3 Meanwhile, in a separate medium bowl combine the **harissa paste** and remaining olive oil. Coat the **premium beef rump** in the marinade.

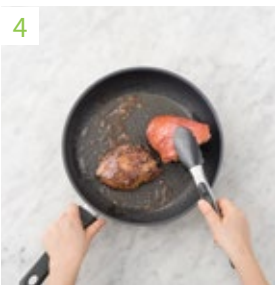
3



4 Five minutes prior to taking the chickpeas out of the oven, heat a medium frying pan over a high heat. Cook the steaks for **2 minutes** on each side for medium rare, or until cooked to your liking. Set aside on a plate covered with foil to rest for **2-3 minutes** and then slice into 1 cm thick pieces.

Tip: resting your steak will ensure it is tender and juicy.

4



5 To serve, divide the spiced chickpea salad between plates. Top with the sliced harissa steak. Enjoy!

Did you know? Approximately 90 million tonnes of chickpeas are produced globally per year, and Australia is the world's second largest chickpea supplier!