

# Quick Harissa-Tomato Beef

with Cauli Rice Toss & Garlic Yoghurt

Grab your Meal Kit with this symbol



Tomato



Baby Spinach Leaves



Garlic



Carrot



Greek-Style Yoghurt



Cauliflower Rice



Beef Mince



Tomato Paste



Chermoula Spice Blend



Harissa Paste

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Carb Smart

Make something different for dinner with this moreish Moroccan-inspired dish. Together with the vibrant red harissa paste, the paprika, cumin and turmeric in our chermoula spice blend transforms the beef mince into something sublime.

### Pantry items

Olive Oil, Butter, Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
carrot	1	2
Greek-style yoghurt	1 medium packet	1 large packet
butter*	40g	80g
cauliflower rice	1 packet (250g)	1 packet (500g)
salt*	¼ tsp	½ tsp
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
harissa paste	1 medium packet	1 large packet
sugar*	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2295kJ (549Cal)	452kJ (108Cal)
Protein (g)	35.9g	7.1g
Fat, total (g)	32.9g	6.5g
- saturated (g)	17.5g	3.4g
Carbohydrate (g)	23g	4.5g
- sugars (g)	18.7g	4.5g
Sodium (mg)	1156mg	227mg
Dietary Fibre (g)	9.6g	1.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Roughly chop **tomato** and **baby spinach leaves**.
- Finely chop **garlic**. Grate the **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **garlic** until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture**. Stir to combine. Season to taste.



## Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef mince**, breaking up with spoon, until browned, **4-5 minutes**.
- Add **tomato paste**, **chermoula spice blend** and remaining **butter** and cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **harissa paste** and a pinch of **sugar**. Simmer until slightly thickened, **2-3 minutes**. Season to taste.



## Cook the cauliflower rice

- Return frying pan to high heat with 1/2 the **butter** and a drizzle of **olive oil**.
- Add **cauliflower rice**, **carrot** and the **salt** and cook, stirring, until softened, **2-4 minutes**.
- Transfer to a large bowl. Add **tomato** and **baby spinach**. Toss to combine. Season to taste. Cover to keep warm.



## Serve up

- Divide cauli rice toss between bowls.
- Top with harissa-tomato beef.
- Drizzle with garlic yoghurt to serve.

## Enjoy!

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