



QCOOK

Harissa Beef & Chickpeas

with crispy poppadoms

Hands-on Time: 15 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	419kJ	2064kJ
Energy	100kcal	494kcal
Protein	9.7g	48g
Carbs	9g	46g
of which sugars	4g	20g
Fibre	2g	12g
Fat	1.9g	9.2g
of which saturated	0.4g	1.8g
Sodium	163.2mg	804.2mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Spring Onion/s <i>rinse, trim & finely slice</i>
120g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
20ml	40ml	Pesto Princess Harissa Paste
150g	300g	Beef Strips
100ml	200ml	Tomato Passata
60g	120g	Chickpeas <i>drain & rinse</i>
10g	20g	Dried Apricots <i>roughly chop</i>
2	4	Poppadoms

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. COOK THE VEG Place a pan over medium heat and lightly add cooking spray. When hot, fry the spring onion and carrot until golden and softening, 4-5 minutes (shifting occasionally).

2. HAPPY HARISSA Pat the meat dry with paper towel. Add the harissa and meat to the pan with the veg and cook until browned and fragrant, 30 seconds -1 minute (shifting occasionally). Pour in the passata and 150ml [300ml] water and simmer until reduced and thickening, 8-10 minutes (shifting occasionally). In the final 5 minutes, mix through the chickpeas and apricots. Season and remove from the heat.

3. POPPIN' Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, air fry at 180°C until crispy, 3-4 minutes.

4. EAT UP! Bowl up the beef & chickpeas. Serve the poppadoms on the side for scooping.