



Super Quick Harissa Spiced Beef Bowl

with Rice, Peas, Mushrooms and Greek Style Cheese

High Protein

Preparation time : 15 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/super-quick-harissa-spiced-beef-bowl-592>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Large Saucepan, Kettle, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Beef Mince (grams)	240	360	480
Sliced Mushrooms (grams)	120	180	240
Basmati Rice (grams)	150	225	300
Peas (grams)	120	180	240
Harissa Paste (grams)	50	75	100
Chermoula Spice Mix (sachet(s))	1	1	2
Tomato Puree (grams)	30	45	60
Beef Stock Paste (grams)	10	15	20
Greek Style Salad Cheese (grams)	50	100	100
Honey (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	125	180	250

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3061 kJ
Energy (kcal)	732 kcal
Fat	28.1 g
of which saturates	11 g
Carbohydrate	84.3 g
of which sugars	15.2 g
Dietary Fibre	7.2 g
Protein	41.1 g
Salt	2.65 g

Allergens

Milk

Always check the product labels for allergen information.



Fry Time

- Boil a half-full kettle.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef** and **mushrooms**, 5-6 mins.
- Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash hands and equipment after handling raw mince.*



Cook Rice

- Once boiled, pour the **water** into a saucepan with ¼ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, stir through the **peas**. Pop back in the pan and cover.
- Meanwhile, open the remaining sachets.



Flavour Flavour

- When the **mince** has browned, drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** *Cook so there's no pink in the middle.*
- Stir in the **harissa**, **chermoula**, **tomato puree**, **beef stock paste**, **honey** and **water for the sauce** (see pantry). Bring to the boil, then reduce the heat. Simmer, 3-4 mins.
- Taste and season with **salt** and **pepper**. Add a splash of **water** if it's too thick.



Dinner's Ready!

- When everything's ready, share the **rice** and **peas** between your serving bowls.
- Spoon on the **harissa beef and mushrooms**.
- Finish by crumbling over the **cheese**.

Enjoy your meal!