



Harissa Beef Loaded Flatbread

with baby gem and tomato salad

Quick Cook 20-25 mins • Spicy

18



Beef Strips



Aioli



Harissa Paste



Tomato



Salad Leaves



Mayo



Apple Cider Vinegar



Onion



Flatbread

Pantry Items: Salt, Pepper, Oil, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Aioli	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Tomato	2 units	4 units
Salad Leaves	120 g	240 g
Mayo	1 sachet	2 sachets
Apple Cider Vinegar	1 sachet	2 sachets
Onion	1 unit	2 units
Flatbread	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	457.5 g	100 g
Energy (kJ/kcal)	2694 kJ/ 644 kcal	589 kJ/ 141 kcal
Fat (g)	24.3 g	5.4 g
Sat. Fat (g)	3.7 g	0.8 g
Carbohydrate (g)	57.7 g	12.6 g
Sugars (g)	12 g	2.6 g
Protein (g)	38.9 g	8.5 g
Salt (g)	2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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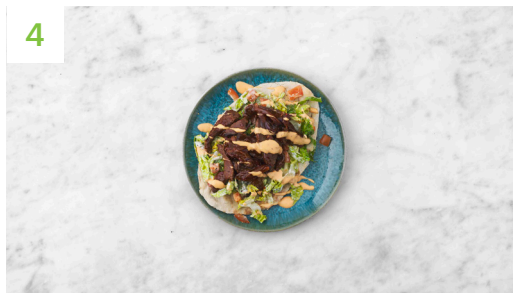


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Get Prepped

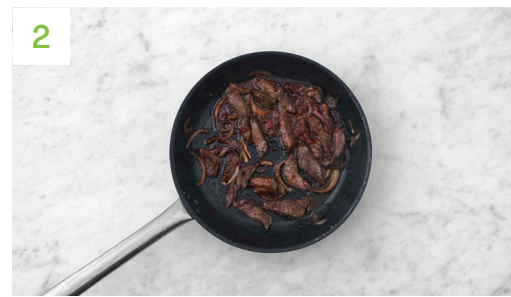
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **baby gem**, halve lengthways and thinly slice widthways.
- Halve, peel and thinly slice the **onion**.
- Cut the **tomato** into 2cm chunks.
- In a small bowl, mix the **aioli** with **half** the **harissa paste**.



Load the Flatbreads

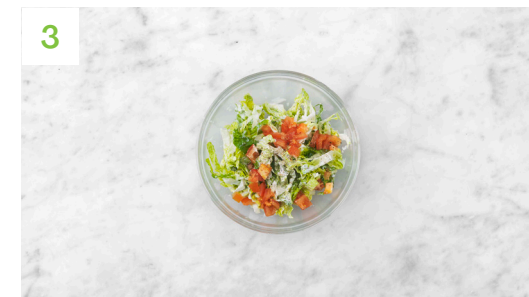
- Share the golden **flatbreads** between plates.
- Scatter over the salad, then spoon on the **harissa beef strips** and **onion**.
- Finish with a drizzle of the **harissa aioli**.

Enjoy!



Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **beef** to the pan.
- Fry for 2-3 mins, shifting as they colour.
- **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Once browned, remove the pan from the heat.
- Mix the remaining **harissa paste** into the pan. Season with **salt** and **pepper**.



Assemble the Salad

- Meanwhile, pop the **flatbread** onto a baking tray.
- Bake in the oven until warm and golden, 3-4 mins.
- In a large salad bowl, make a dressing by mixing together the **mayo**, **apple cider vinegar**, **salt**, **pepper**, ½ tsp **sugar** and ½ tbsp **oil** (double both for 4p).
- Just before serving, toss the chopped **salad leaves** and **tomato** through the dressing.
- Season to taste with **salt** and **pepper**.