



READY TO COOK
BY HARRIS FARM

ORGANIC MIDDLE EASTERN BEEF & CHICKPEA BOWL



PREP
15 min

COOK
30 min

SERVES
4

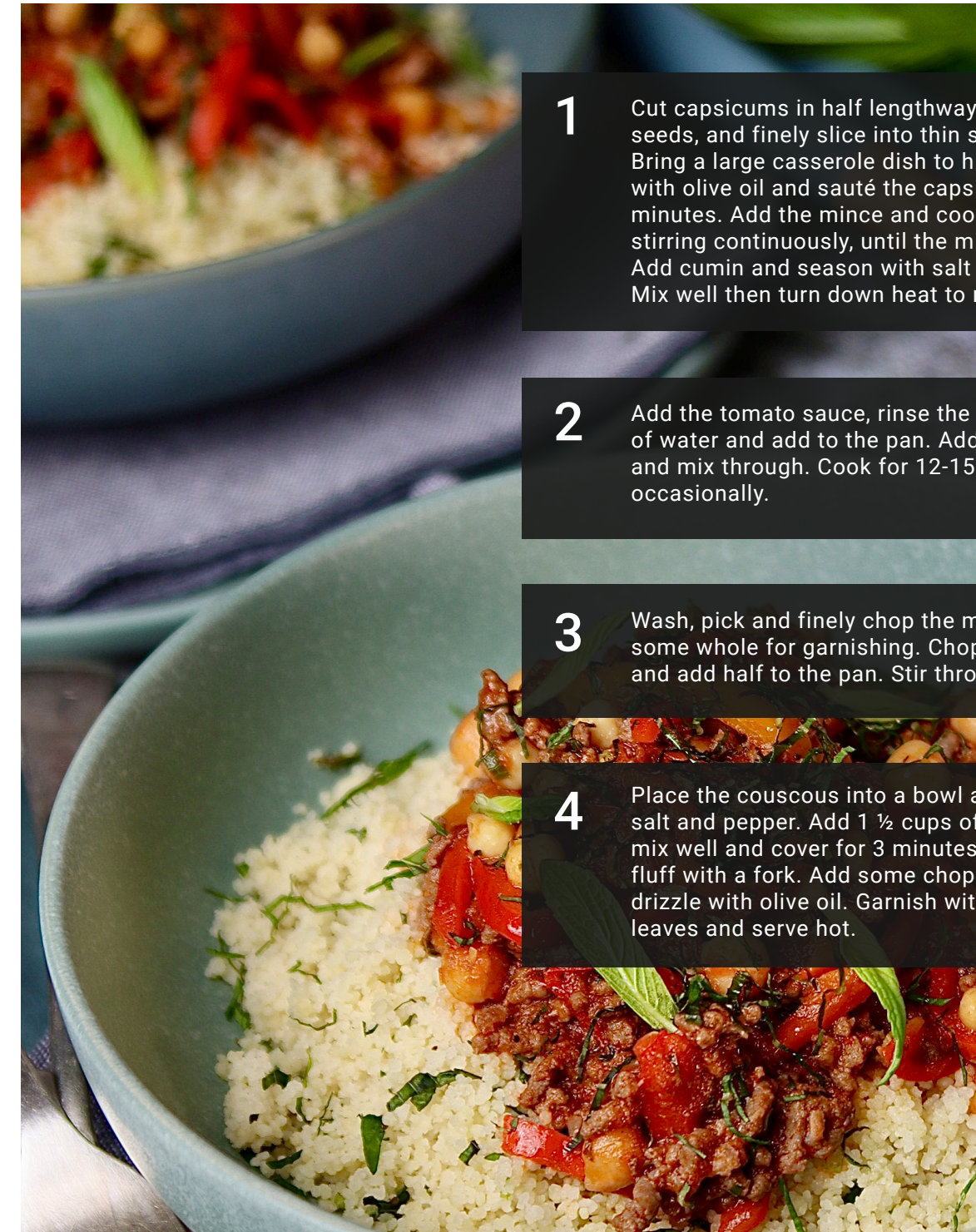
INGREDIENTS:

- > 500g Beef Mince
- > 1 Packet Baby Capsicums
- > 400g Canned Chickpeas
- > 1 ½ Cups Couscous
- > 375g Napoletana Sauce Organic
- > 1 Bunch Mint

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > 1 ½ Cups Boiling Water
- > ½ Tbsp Cumin

METHOD - GET COOKING!



1 Cut capsicums in half lengthways, remove the seeds, and finely slice into thin strips. Set aside. Bring a large casserole dish to high heat, drizzle with olive oil and sauté the capsicum for 3 minutes. Add the mince and cook for 5 minutes, stirring continuously, until the mince is brown. Add cumin and season with salt and pepper. Mix well then turn down heat to medium.

2 Add the tomato sauce, rinse the jar with ¼ cup of water and add to the pan. Add the chickpeas and mix through. Cook for 12-15 minutes, stirring occasionally.

3 Wash, pick and finely chop the mint reserving some whole for garnishing. Chop the parsley and add half to the pan. Stir through.

4 Place the couscous into a bowl and season with salt and pepper. Add 1 ½ cups of boiling water, mix well and cover for 3 minutes. Uncover and fluff with a fork. Add some chopped mint and drizzle with olive oil. Garnish with additional mint leaves and serve hot.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Drizzle with chilli oil for a additional flavour.
- Serve with Lebanese bread, hummus, and garlic sauce.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au