

MINCE HARISSA WITH HUMMUS AND FLATBREAD

INGREDIENTS

 4 SERVINGS

 30 MIN

 INTERMEDIATE

2 packs Garden Gourmet Sensational Mince

4 flatbreads

400 g hummus

200 g pomegranate seeds

2 small red onions

4 garlic cloves

1 tsp cinnamon

1 tsp cumin seeds

2 tsp ground coriander

1 tsp agave syrup

2 tbsp harissa

40 g toasted almonds

A few sprigs of flat leaf parsley

2 to 3 tbsp of olive oil

salt

pepper

This Garden Gourmet Sensational Mince, hummus and flatbread dish, paired with aromatic harissa from the Middle Eastern kitchen, makes a perfect vegan dinner.

PREPARATION

1. Sautéed the onions and garlic

Peel and cut the onions into thin slices. Peel the garlic, crush it or cut it into tiny pieces and add the onions and garlic to a pot with olive oil. Fry it for about 5 minutes until the onions are translucent.

2. Make the Sensational Mince-harissa dip

Add the Garden Gourmet Sensational Mince, spices, agave syrup and harissa and stir well. Add a bit of water (around 100ml) and let it simmer until most of the liquid has evaporated. Season to taste with salt and pepper and add more spices or harissa if necessary.

3. Serve with hummus and flatbread, and enjoy!

Spread the hummus onto 4 plates or bowls and add the mince mixture on top. Garnish with the pomegranate seeds, chopped parsley and almonds. Serve the flatbread on the side.

CULINARY TIP

Nuts

If you don't like almonds, you can use any other type of nut for garnishing.

Hummus

If you don't want to use store-bought hummus, you can easily make your own at home using chickpeas, tahini and a few other simple ingredients.

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