



## Hearty Moroccan Lentil and Chickpea Soup

This recipe was inspired by the Moroccan dish, Harira - a hearty soup made with dried legumes like lentils and chickpeas. It's a staple in breaking Ramadan! This soup is loaded with plant-based protein, fibre, and vitamins making it a satisfying yet light option for dinner. This recipe makes a big portion - so you may get lunch out of it too!

### Nutritional Info

Calories: 497 kcal  
Carbohydrates: 82.7g  
Protein: 27g  
Fat: 3.8g

### Ingredients

- Onion
- Vegetable stock cube
- Garlic
- Chopped tomatoes
- Carrot
- Lentils
- Spice Mix
- Chickpeas
- Cinnamon
- Apricots
- Cumin
- Coriander
- Smoked Paprika
- Turmeric

### Your Pantry

- Olive Oil

### Allergens


Celery (Stock Cube)  
Sulphur Dioxide (Apricots)  
Stock cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Boil the kettle

## 2) Prepare the vegetables

Peel and finely chop the onion, garlic, and carrot. Chop the dried apricots into small pieces. Make the stock to 250ml per person. Finely chop the fresh coriander. Drain the chickpeas.

## 3) Saute the vegetables

Place a large, heavy-bottomed saucepan on medium heat with a drizzle of oil. Once hot, add the onions and carrots and cook for 4-5 minutes until softened and beginning to caramelize. Add the garlic and cook for a further 1-2 minutes.

## 4) Cook the soup

Add the spice mix to the saucepan with the vegetables and cook for 1-2 minutes, stirring constantly. Add the stock, tinned tomatoes, chickpeas, apricots and red lentils and bring to a simmer. Cook for 20-25 minutes.

## 5) Serve the soup

Once the soup is cooked, season with salt and pepper to taste. Serve in deep bowls and garnish with fresh coriander



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