

Moroccan style soup

MOROCCAN STYLE SOUP

5 Star Recipe

By Justine Pattison



Preparation Time: less than 30 mins

Cook Time: 10 to 30 mins

Ingredients

- 2 tbsp olive or sunflower oil
- 1 large onion, finely sliced
- 1 tsp ground cumin
- 2 tbsp harissa paste, ideally rose harissa
- 400g chopped tomatoes
- 400g chickpeas or lentils, drained and rinsed
- 600ml water or stock, made with 1 chicken or vegetable stock cube
- salt and freshly ground black pepper

Instructions

1. Heat the oil in a large saucepan and gently fry the onion for 6-8 minutes, or until softened and lightly browned, stirring regularly. Add the cumin and harissa paste and cook for 1 minute more, stirring constantly.
 2. Add the tomatoes to the pan and bring to a simmer. Cook for 2 minutes, stirring constantly.
 3. Tip in the chickpeas or lentils and stir in the water or stock. Bring to a simmer and cook for 5 minutes, stirring occasionally. Season well with salt and freshly ground black pepper.
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