

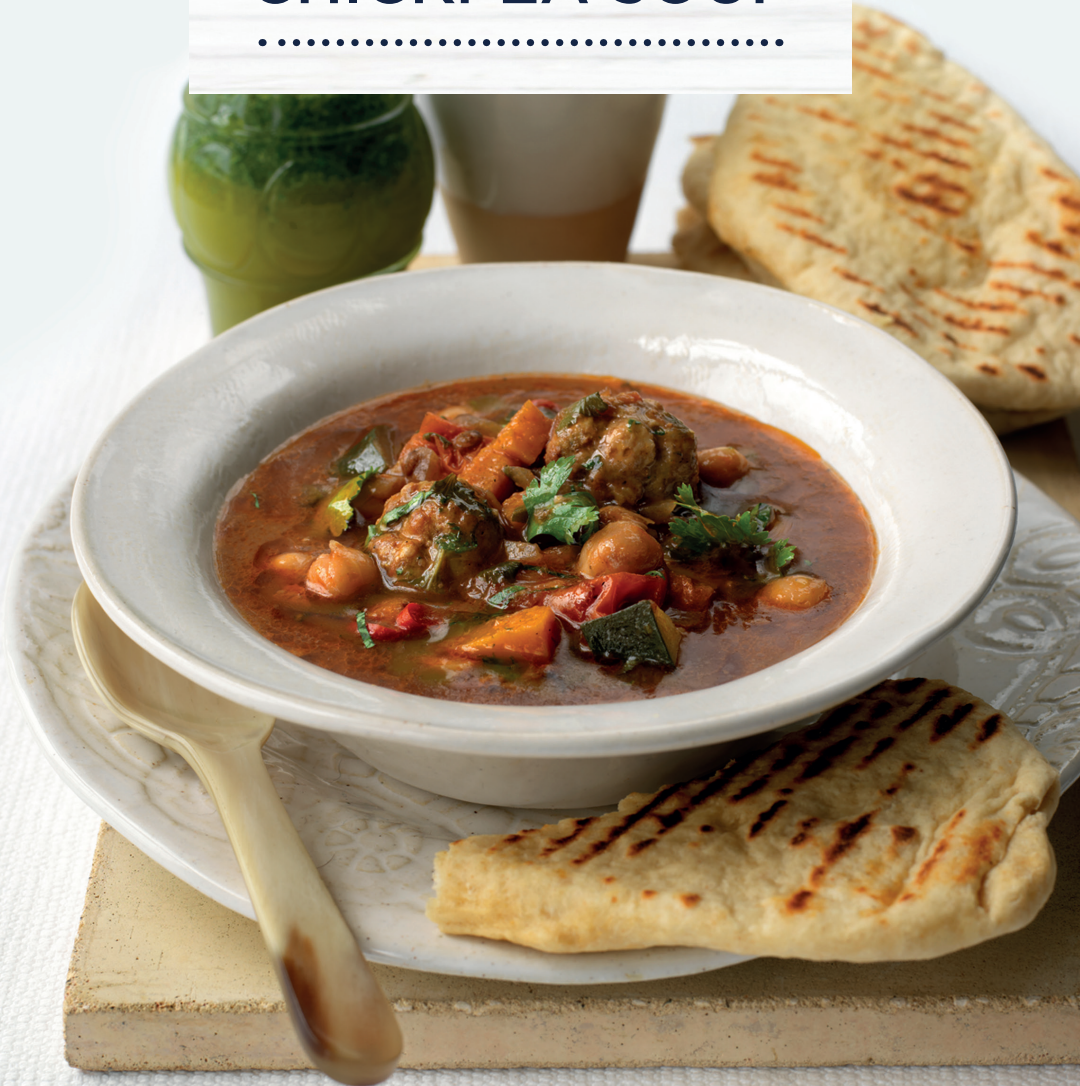


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ingredients to inspire...

MOROCCAN MEATBALL AND CHICKPEA SOUP

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Brought to you by
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Director of Food
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MOROCCAN MEATBALL AND CHICKPEA SOUP

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Serves: 6

Ingredients

250g minced lamb

2 tsp Ras el Hanout spice mix

2 garlic cloves

1 bunch fresh coriander

Olive oil

1 red onion

¼ red chilli

½ tsp grated ginger

½ tsp paprika

400ml vegetable stock

100g tinned chopped
tomatoes

1 large sweet potato

100g tinned chickpeas

1 medium courgette

4 fresh mint leaves

Method

1. Place the minced lamb into a large mixing bowl. Add 1 teaspoon of Ras el Hanout. Crush 1 garlic clove and add to the bowl. Finely chop the coriander and add to the bowl. Mix together.
2. Split the mixture into 18 walnut-sized meatballs (approximately 2cm diameter). Leave these in the fridge for later.
3. Heat some oil in a heavy-bottom pan. Crush the remaining garlic clove and add to the pan. Finely chop the onion and chilli and add to the pan. Add the grated ginger, paprika and 1 teaspoon of Ras el Hanout.
4. Add the vegetable stock and the chopped tomatoes and cook for 20 minutes on a low heat.
5. Chop the sweet potato into small cubes and slice the courgette. Add these, along with the chickpeas, to the pan and cook for a further 15 minutes.
6. In a frying pan, add a little oil and sauté the meatballs on a medium heat for 10 minutes or until brown and cooked thoroughly.
7. Divide the meatballs between 6 bowls and pour the soup on top. Sprinkle with shredded mint leaves and chopped coriander.



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