

HARIRA SOUP

INGREDIENTS

1-2 tbsp oil
2 large onions, finely chopped
4 garlic cloves, chopped
2 tsp turmeric
2 tsp cumin
1/2 tsp cinnamon
2 red chillies, deseeded and sliced
500g carton passata
1.7l vegetable stock
1 can green lentils, rinsed and drained
2 carrots, chopped into small pieces
1 sweet potato, peeled and diced
5 celery sticks, chopped into small pieces
2/3 small pack coriander, few sprigs reserved, the rest chopped
1 lemon, cut into 4 wedges, to serve

METHOD

STEP 1:

Heat the oil in a large non-stick sauté pan over a medium heat and fry the onions and garlic until starting to soften.

STEP 2:

Tip in the spices and chilli, stir briefly, then pour in the passata and stock. Add the lentils, carrots, sweet potato and celery, and bring to the boil.

STEP 3:

Cover the pan and leave to simmer for 30 mins, then cook uncovered for a further 5-10 mins until the vegetables and lentils are tender.

STEP 4:

Stir in the chopped coriander and serve in bowls with lemon wedges for squeezing over, and the reserved coriander sprinkled over

THE
COOKERY

by The Secret Jozi Chef