

# 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