



Harira (Moroccan Hot Legume Soup)

Ingredients:

2 TBL olive oil

1 onion, finely chopped.

5 garlic cloves

1 TBL fresh ginger

1 tsp cumin ground

½ tsp turmeric

400 g tomatoes, diced or pureed

1-3 TBL Tunisian Harissa or Rose Harissa paste (prepared as instructed on the jar)

¼ cup cilantro, chopped.

¼ cup parsley, chopped.

2 cups canned chickpeas, drained and rinsed or cooked from dry beans.

½ cup dried lentils, rinsed and drained.

1 TBL brown sugar

8 cups vegetable stock

1 bunch of kale, chopped

2 eggs to thicken

For Garnish

Yoghurt

Cilantro

Parsley

Olive oil

Instructions:

1 - In a large pot, Sauté onions with olive for a few minutes until softened.

2 - Add garlic and ginger. Sauté for 2 minutes.

3 - Add cumin, turmeric and harissa paste. sauté for 2 minutes.

4 - Add tomatoes and cook for 5 minutes.

5 - Add cilantro, parsley, lentils, chickpeas, sugar and stock. Season with salt and pepper to taste.

6 - Bring to a boil. Lower heat and cover. Simmer for 45 minutes or until lentil are tender.

7 - Add kale and simmer for 10 minutes. Season again if needed.

8 - In a small bowl, whisk the eggs until beaten. Slowly whisk in a ladle of hot soup to the eggs to incorporate. Slowly whisk in the content of the bowl into the soup pot.

9 - Serve in individual bowls with crusty bread. Garnish with a dollop of yoghurt, chopped herbs and a drizzle of olive oil.

Spices Used: Tunisian HarissaRose Harissa

Prep Time: 20 mins

Cook Time: 1.5 hours