

Harira (Lentil and Chickpea Soup)

Serves: 6

Prep time: 15 minutes

Cook time: 2 hours 30 minutes

 2 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 medium onion, finely diced
500g beef or lamb stew meat, diced
2 teaspoons ground ginger
1 tablespoon paprika
½ cup fresh coriander, finely chopped
½ cup fresh parsley, finely chopped
Salt and pepper, to taste
700g tomato puree (passata)
1L beef stock
1L water
1 cup dried green lentils
400g can chickpeas, drained and rinsed
1 cup vermicelli egg noodles, broken into bite sized pieces

Method

HEAT a heavy-bottomed soup pot over medium-high heat. Add oil, onion, beef, ginger, paprika half the coriander and parsley, and salt and pepper.

SAUTE for 5-10 minutes or until the meat has browned and onion is translucent.

ADD tomato puree, stock and water and bring to a boil. Lower heat, cover, and simmer for two hours or until the meat is tender.

MEANWHILE, place the lentils in a small saucepan and cover with water. Bring to a boil then cover and lower the heat to simmer for 15 minutes. Turn off the heat and set aside.

ADD the chickpeas to the soup and cook for a further 10 minutes or until the chickpeas have softened.

ADD the noodles and drained lentils and simmer for a further 5 minutes or until the noodles are cooked.

SPRINKLE with remaining coriander and parsley and serve.



Everyday Food

Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection – Morocco