





Moroccan Lamb Harira Soup

with Lentils and Chickpeas

 20-30min  4 Portions

Take a weeknight journey to North Africa with harira. Eaten year-round in Morocco, the wonderfully fragrant soup is a staple during Ramadan, nourishing hungry bodies with protein-rich chickpeas, lentils and a little lamb after their daily fast.

What we send

- wraps ^{1,6,7}
- diced tomatoes
- celery, carrot
- onion red
- chermoula spice blend ¹⁷
- coriander
- chickpeas
- lentils
- lamb kofta mince blend ^{6,17}
- chicken-style stock cubes

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large frypan
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

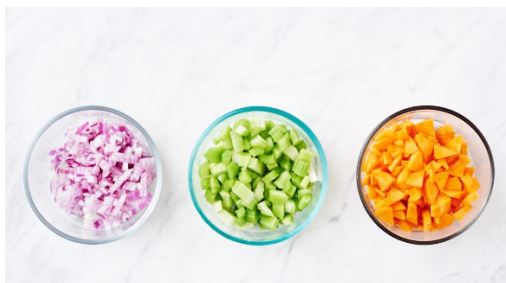
The remaining wraps won't be used in this dish.

Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 555.0kcal, Fat 21.0g, Proteins 43.5g, Carbs 40.0g



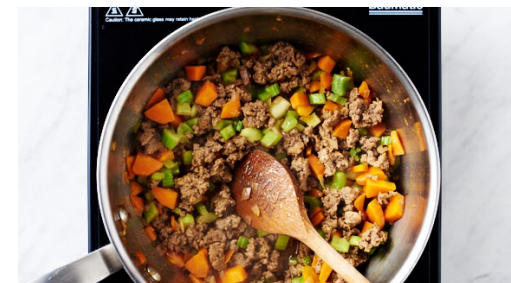
1. Prepare ingredients

Finely chop the **onion**. Peel the **carrots**. Quarter the **celery** and carrots lengthwise, then cut into 1cm chunks.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **1.5L (6 cups) boiling water** and stir to combine.



3. Cook lamb

Heat **2 tbs olive oil** in a large saucepan over medium-high heat and cook the **onion, carrot and celery** for 5 mins or until starting to soften. Add the **chermoula spice blend** and cook, stirring regularly, for 1 min or until fragrant. Add the **lamb** and cook, breaking up with a wooden spoon, for 3 mins or until browned.



4. Add tomatoes

Add the **stock**, scrape the base of the pan again, then add the **tomatoes** and bring to the boil. Simmer, uncovered, for 10 mins.



5. Add chickpeas and lentils

Drain and rinse the **chickpeas** and **lentils**. Add the lentils and chickpeas to the pan and cook for 5 mins until heated through and to allow the flavours to infuse.



6. Get ready to serve

Meanwhile, heat a large frypan over medium-high heat. Toast **4 wraps** (see cooking tip), one at a time, for 30 secs each side or until warm. Cut into wedges. Finely chop **coriander** leaves and stems. Stir **3/4 of the coriander** into the soup and season to taste with **salt**. Divide the **soup** among bowls, scatter over **remaining coriander** and serve with **warm bread**.