



One-Pan Moroccan Lamb Harira Soup

with Lentils and Chickpeas



Cooking Time



4 Portions

Welcome winter with our special One-Pan recipes of slow-cooked curries, soups and stews that showcase flavoursome cuts of meat for knockout dishes. Make these over the weekend and let their delicious flavours develop overnight for dinner the next day, or pop them on the stove earlier in the evening and kick back on the couch while it does its thing. This week, we bring you a classic Moroccan so...

What we send

- 2 cans diced tomatoes
- Moroccan blend (turmeric, cumin, ginger, cinnamon) ¹⁷
- coriander, parsley and 2 celery stalks
- chicken-style stock cubes
- 1 red onion
- trimmed boneless lamb shoulder
- 2 cans chickpeas
- 1 lemon
- French-style blue lentils

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 550.0kcal, Fat 16.5g, Proteins 45.4g, Carbs 46.6g



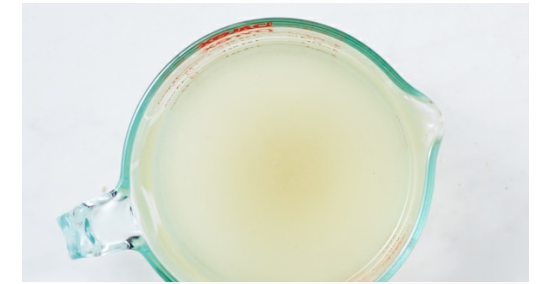
1. Prepare ingredients

Cut the **lamb** into 2-3cm cubes, trimming any excess fat. Finely chop the **onion**. Quarter **celery** lengthwise, then slice into 1cm pieces. Put the **stock powder** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine.



2. Brown lamb

Heat **oil** in a large saucepan over medium-high heat. Add **onion** and **celery**, and cook, stirring, for 5 mins or until softened. Add the **spice blend** and cook, stirring, for 1 min or until fragrant. Add **lamb** and brown for 2 mins, scraping the base of the pan with a wooden spoon to loosen any bits.



3. Add stock and tomatoes

Add the **stock**, scraping the base of the pan again, then add the **tomatoes** and bring to a simmer. Cover with a lid, then reduce heat to low and simmer for 30 mins.



4. Add lentils

Add the **lentils** and simmer for a further 20 mins.



5. Add chickpeas

Meanwhile, drain and rinse the **chickpeas** in a sieve. Add the chickpeas to the soup and cook for a further 10 mins or until lamb and lentils are tender.



6. Get ready to serve

Meanwhile, finely chop the **parsley** and **coriander**, including the stems. Cut **lemon** into wedges. Stir in **three-quarters of the parsley and coriander**, and season well with **salt**. Divide among bowls, scatter with the **remaining parsley and coriander**, and serve with the **lemon wedges**.