



Moroccan Lamb Harira Soup

with Lentils and Chickpeas



20-30min



2 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

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

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

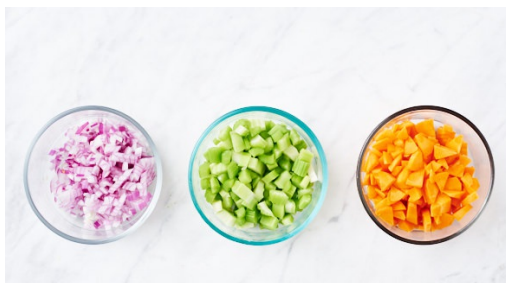
The remaining wraps won't be used in this dish.

Allergens

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

Nutrition per serving

Energy 600kcal, Fat 21.5g, Carbs 46.0g, Proteins 45.0g



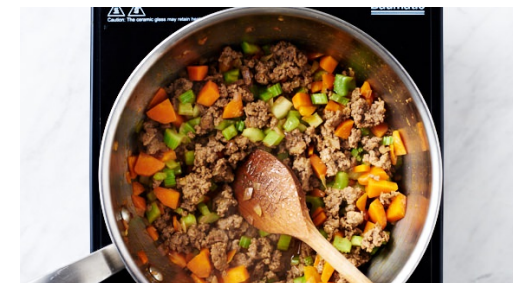
1. Prepare ingredients

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



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to combine.



3. Cook lamb

Heat **1 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 **half the lentils and chickpeas** (the remaining lentils and chickpeas won't be used in this dish) 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 **2 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**.