

80
minutes



Harira

the soup that feeds a nation

Ingredients:

- 2 tbsp Olive oil
- 1 large Onion, finely chopped
- 3 cloves Garlic, minced
- 2 stalks Celery, finely chopped
- 400g Canned tomatoes, crushed
- 2 tbsp Tomato paste
- 150g Red lentils, rinsed
- 400g Cooked chickpeas
- 1.5 litres Vegetable stock
- 1 tsp Ground cumin
- 1 tsp Ground cinnamon
- 1 tsp Ground turmeric
- ½ tsp Ground ginger
- ½ tsp Black pepper
- 1 tsp Sea salt
- Large bunch Fresh coriander, chopped
- Large bunch Fresh flat-leaf parsley, chopped
- 1 Lemon, juice only
- 2 tbsp Flour or rice flour (to thicken)

Instructions:

1. Heat the olive oil in a large heavy pot over medium heat. Add the onion, garlic and celery and cook gently for 8-10 minutes until soft and fragrant.
2. Add the tomato paste and cook for 2 minutes, stirring constantly. Add the crushed tomatoes and all the spices. Stir well and cook for another 5 minutes.
3. Add the rinsed lentils and vegetable stock. Bring to a gentle boil, then reduce the heat and simmer uncovered for 25 minutes.
4. Add the chickpeas and continue simmering for another 15 minutes until the lentils have fully dissolved into the soup.
5. Mix the flour with a small amount of cold water until smooth. Stir it slowly into the soup to thicken. Simmer for 10 more minutes, stirring occasionally.
6. Add the fresh coriander, parsley and lemon juice. Taste and adjust salt and pepper. Simmer for a final 5 minutes.
7. Serve hot in deep bowls with good bread.