

Moroccan Harira (Vegetarian)

TIME UP TO 1 HOUR | SERVES 4 | CUISINE MOROCCAN | SULTRY

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DIETARY:

MAKING THIS RECIPE

Ingredients

- 2 onions, diced
- 4 garlic cloves, chopped
- 2 tsp turmeric
- 2 tsp cumin
- ½ tsp cinnamon
- 2 red chillies, de-seeded and sliced
- 400g tinned tomatoes
- 1.3 litres vegetable stock
- 175g lentils
- 2 carrots, chopped into small chunks
- 2 sweet potatoes, chopped into small chunks
- 5 celery sticks, chopped into small chunks
- 1 handful of chopped coriander
- 1 lemon, sliced into quarters for serving
- 2 tbsp cooking oil

Method

Step 1:

In a large saucepan, heat the cooking oil over a medium heat. Add the onions and garlic and cook for around 5 minutes until soft.

Step 2:

Add the turmeric, cumin, cinnamon and chillies, and stir.

Step 3:

Add the tinned tomatoes and mash with the spoon to make sure any large chunks are broken down.

Step 4:

Add the vegetable stock, lentils, carrots, sweet potato and celery, and stir well. Bring to the boil.

Step 5:

Once boiling, cover with a lid and lower the heat to simmer for 30 minutes.

Step 6:

After 30 minutes, check that the vegetables are tender and the lentils are cooked through (you may have to keep cooking uncovered for a further 10 minutes).

Step 7:

Add in the chopped coriander, stir and remove from the flame.

Serve with a squeeze of lemon juice on top.

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Cumin White, Roast & Ground
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Turmeric Root, Ground
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Cinnamon, Ground
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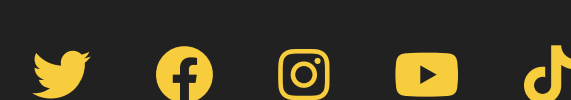
Norma Elliott
★★★★★
I ordered 3 different spices on Thursday, they arrived on Saturday - that's service with a capital S. I cooked the Zanzibar chicken curry today. It is amazing, simple to cook but tastes fantastic. Can't wait to try the order two that I ordered.

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