



MOROCCAN LENTIL AND CHICKPEA SOUP

A hearty spiced soup packed full of protein that will be sure to comfort and warm you up.



EASY



15 MINS



30 MINS



6

Ingredients

- 1 small onion, diced
- 1 small carrot, diced
- 2 celery sticks, small diced
- 1/4 cup dried apricots, diced
- 2 tsp harissa paste
- 400g canned lentils, drained & rinsed
- 400g canned chickpeas, drained & rinsed
- 1 ltr vegetable stock
- 400g canned tomatoes
- 1 tbsp coriander leaves, chopped
- extra virgin olive oil
- 1 cup plain greek yoghurt
- 1/4 cup tahini
- 1 clove garlic, crushed

Instructions

1. In a large pan over medium heat, add a drizzle of olive oil and onions and cook for 5-6 minutes until brown and softened. Add the celery, carrot, dried apricots, moroccan spice mix, and harissa. Stir to combine and cook for 2-3 minutes.
2. Add the lentils, chickpea, tomatoes and vegetable stock. Bring to a boil, and then let it simmer for 20 minutes. Season to taste.
3. To make the yoghurt topping, mix the yoghurt, tahini, and garlic in a small bowl. Season with salt and pepper.
4. To serve, top the soup with coriander and a dollop of the yoghurt dressing.