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by Liz Robb

Spicy Moroccan Lentil Soup



Ingredients

1 tablespoon good quality oil
2-3 carrots, peeled and thinly sliced
2 celery sticks, washed and finely chopped
2-3 leeks, peeled and thinly spiced
2 garlic cloves, crushed, or garlic paste
35 fl.oz. vegetable stock
6oz. red lentils
1-2 teaspoons harissa paste or spices *
Salt and freshly ground black pepper
Juice of half a large lemon
2 tablespoons chopped parsley

Preparation

1. 1. Heat the oil in a large pan and soften the carrots, celery and leeks gently until soft [approx. 10 minutes], add the garlic and stir for a few more minutes.
2. 2. Add the hot vegetable stock and stir in the washed lentils.
3. 3. Stir in the harissa paste. Be careful, brands may vary in heat, taste as you add!
4. * If you are unable to find harissa paste, the most common spices used instead in this soup are coriander, cumin, turmeric and cayenne pepper.
5. 4. Allow to simmer for 20 minutes or until the lentils and vegetables are cooked, stirring occasionally.
6. 5. Add seasoning to taste. Stir in the lemon juice and taste, add a little more stock if the thickness needs adjusting.
7. 6. Sprinkle with parsley and serve with fresh bread or warmed pitta.

Cooks Note

Serves: 4