



Posted on 29 January 2014

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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 sliced
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
