Harira

The Moroccan soup for breaking the fast: lamb, lentils, chickpeas and tomato, finished with herbs and lemon. A meal in a bowl.

Serves 6 **Prep** 20 min **Cook** 1 hr 15 min

Ingredients

- 400g boneless lamb shoulder or neck, in small dice
- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 1 tsp ground ginger
- 1 tsp turmeric
- 1 tsp ground cinnamon
- 1 tsp black pepper
- 1½ tsp salt
- 400g tin of chopped tomatoes
- 2 tbsp tomato purée
- 125g green or brown lentils, rinsed
- 400g tin of chickpeas, drained
- 1.75 litres water
- 50g vermicelli or broken spaghetti
- 2 tbsp plain flour, mixed with 100ml cold water
- 1 handful fresh coriander, chopped
- 1 handful fresh parsley, chopped
- 1 lemon, in wedges

Ask at the counter for
400g boneless lamb shoulder or neck, in small dice

Method

1. Heat the oil in a large pot and brown the lamb for 5 minutes. Add the onion and celery and cook for 5 minutes more.
2. Stir in the ginger, turmeric, cinnamon, pepper and salt, then the tomatoes, purée, lentils and water. Bring to the boil, cover and simmer for 45 minutes.
3. Add the chickpeas and vermicelli and simmer for 10 minutes.
4. Stir the flour mix and pour it in, stirring, then simmer for 5 minutes until the soup thickens slightly. Stir in the coriander and parsley and serve with lemon wedges and dates.

Tips

- It thickens overnight. Loosen with hot water when you reheat.