

Moroccan Lentil and Chickpea Soup



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

Ingredients

- 1 small onion, diced
- 1 small carrot, diced
- 2 celery sticks, small dice
- 1/4 cup dried apricots, diced
- 2 tsp moroccan spice mix
- 2 tsp harissa paste
- 400 g canned lentils, drained and rinsed
- 400 g canned chickpeas, drained and rinsed
- 1000 ml salt reduced vegetable stock
- 400 g canned tomatoes
- 1 tbsp coriander leaves, chopped for garnish
- extra virgin olive oil, for cooking

1 cup plain greek yoghurt

1/4 cup tahini

1 garlic, crushed

Method:

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.