NORTH AFRICAN · LUNCH · DINNER

Moroccan Harira (Lamb, Lentil and Chickpea Soup)

80 min · Serves 6 · 274 kcal a serve · Video 9:41 · Middle Eats

No nuts listed

Lamb, lentils and chickpeas together give about 17 g of protein and 7 g of fibre per bowl for under 300 kcal, and the only added fat is 1 tbsp of butter for the whole pot.

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Ingredients 19 · SERVES 6

- [ ] 75 g **dried chickpeas**, soaked overnight (or about 190 g canned)
- [ ] 75 g **green lentils**, rinsed
- [ ] 35 g finely chopped **celery** (the leaves and upper stalks)
- [ ] 1 medium **brown onion**, diced
- [ ] 250 g **lamb** (or beef), cut into 1 cm cubes
- [ ] 1 tbsp **butter**
- [ ] 200 g finely diced **tomatoes** (canned)
- [ ] **Cinnamon**: 2 small pieces cinnamon bark or ½ tsp ground cinnamon
- [ ] ¾ tsp **ground ginger**
- [ ] ½ tsp **black pepper**
- [ ] 2 tsp **salt**
- [ ] 1.5 litres **water**, plus a splash to deglaze
- [ ] 70 g **tomato paste**
- [ ] 25 g (3 tbsp) **plain flour**
- [ ] 60–120 ml **water**, for the flour slurry
- [ ] 75 g **wheat vermicelli**
- [ ] 6 g finely chopped **parsley**, plus leaves to garnish
- [ ] 4 g finely chopped **coriander**
- [ ] **lemon wedges**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the chickpeas overnight. Finely chop the celery, parsley and coriander, dice the onion, cut the lamb into 1 cm cubes and rinse the lentils. 0:56
2. Melt the butter in a large pot over high heat. Add the lamb and let it sear for 2 minutes at a time, stirring in between, until well browned with a brown crust on the pot. 4:15
3. Turn the heat to medium, add the onion and sauté for about 3 minutes, then add a splash of water and scrape up the browned bits. 4:48
4. Add the tomatoes, lentils, drained chickpeas, celery, cinnamon, ginger, pepper, salt and 1.5 litres of water. Bring to the boil, cover and simmer on medium for 45 minutes until the chickpeas are soft. 5:09
5. Stir in the tomato paste. Whisk the flour with 60–120 ml water, pour it in while stirring and cook for 2 minutes until the soup turns silky and thick. 6:18
6. Add the vermicelli, parsley and coriander and cook for about 10 minutes, stirring often so nothing catches. Thin with water if needed and serve with lemon wedges to squeeze over. 7:13

> **Tip** Serves about 6 (our estimate). Time excludes the overnight soak. It freezes well; add the vermicelli when reheating. For a vegetarian version the cook suggests swapping the meat for extra vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
274 kcal 1,150 kJ	17 g 34% of a day	34 g 27 g net · 6.2 g sugars 12% of a day
FIBRE	**FAT**	**SODIUM**
7.2 g 26% of a day	8.5 g 3.6 g saturated 11% of a day	930 mg 40% of a day

Energy from net carbs 43% · protein 27% · fat 30%

High in (20%+ of a day) Selenium 36% · Vitamin B12 34% · Folate 33% · Zinc 24% · Vitamin K 22% · Iron 20%

Source of (10–19%) Vitamin B6 15% · Potassium 13% · Magnesium 13% · Vitamin C 13%

Recipe and video: Middle Eats (@MiddleEats) on YouTube — youtube.com/watch?v=pw9BGWNDZKs, published 30 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-harira-lamb-lentil-chickpea-soup