

Moroccan Lamb & Lentil Soup

A nourishing, one-pot wonder packed with protein, fibre, and anti-inflammatory spices. This soup is rich, hearty, and perfect for batch-cooking or freezing for busy weeks.



Ingredients

- 2 Tbsp olive oil
- 700g diced lamb
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 2 Tbsp tomato paste
- 1 1/2 tsp ground cumin
- 2 tsp sweet paprika
- 1/2 tsp ground cloves
- 1 bay leaf
- 1L (4 cups) beef stock
- 800g tin chopped tomatoes
- 3 large carrots, diced
- 6 stalks celery, diced
- 500g green beans, cut into 4cm lengths
- 1/2 bunch coriander, roughly chopped
- 2 400g tins chickpeas, rinsed and drained
- 2 400g tins lentils, rinsed and drained

Method

- Heat oil in a large saucepan over medium-high heat.
- Season the lamb, then cook in batches for 4-5 mins to brown
- Add onion and garlic and cook for 3-4 mins
- Add tomato paste, spices and bay leaf and cook for 1 minute
- Add vegetables, chopped tomatoes and beef stock. Bring to the boil, then reduce heat and simmer for 1 1/2 hours
- Add chickpeas and lentils and cook for 30 mins
- Stir through coriander and serve.

Tips:

- Add a dollop of plain coconut yogurt before serving for a creamy, cooling contrast to the spices.
- Freezes well in individual portions