

# MOROCCAN SWEET POTATO AND LENTIL SOUP





## MOROCCAN SWEET POTATO AND LENTIL SOUP WITH TOMATOES AND KALE

Preparation time: 10 minutes

Cooking time: 1 hour

Serves: 4-6

1 brown onion, finely diced  
1 carrot, finely diced  
6cm piece ginger, cut into fine batons  
6cm piece turmeric, grated  
8 garlic cloves, minced  
1 tsp cumin seeds  
½ tsp coriander seeds  
¼ cup extra virgin olive oil

2 punnets cherry tomatoes  
4 cup sweet potato, diced  
½ cup baby green lentils  
1½L chicken stock  
sea salt flakes and freshly-ground  
black pepper  
1 bunch Tuscan kale, torn  
lime and mint, to garnish

**1 Sauté** the onion, carrots, ginger, turmeric, garlic and spices in olive oil in a large saucepan over a moderate heat for 5 minutes, until softened. Add the tomatoes, sweet potatoes, lentils and stock, then cook gently for 45 minutes, until the lentils are softened. Season with salt and pepper. Mix in the kale, then serve with lime and mint.