

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.