

Moroccan Pea and Lentil Soup

Ingredients

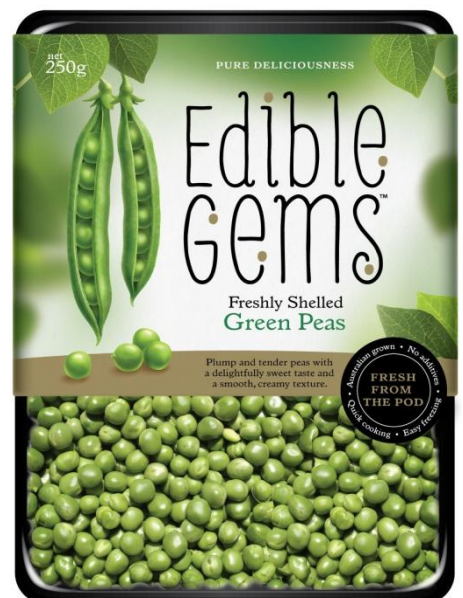
250 gram pack Edible Gems Fresh Peas
2 cups of red lentils
2 cups of crushed tomatoes
2 tbsp olive oil
1 large onion chopped
2 garlic cloves chopped
1 heaped tsp of ground paprika
1 heaped tsp of ground cumin
1 heaped tsp of ground coriander
8 cups of vegetable or chicken stock
1 hand full of fresh chopped parsley
Salt and Pepper to taste
Sour cream to serve



Instructions

Heat olive oil in large pot over medium heat. Add onion and cook till soft. Add garlic, paprika, cumin, coriander, salt and pepper and cook for 1 minute till aromatic. Add peas, lentils, tomatoes, parsley and stock. Bring to the boil, lower heat to a simmer and cook for 30 minutes. Blend soup to a rough blend or smooth if preferred. Serve immediately with sour cream and homemade croutons or chopped pistachio nuts.

Serves 6 – 8.



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