



# MOROCCAN CHICK PEAS SOUP

## INGREDIENTS

- 3 tablespoons of olive oil
- 200 grams of tempeh
- 2 onions
- 2 cm of ginger
- 1 tablespoon of ras el hanout
- 2 cans of tomatoes
- 1 can of chickpeas (400 grams)
- 1 lemon
- 15 grams of parsley and/or coriander
- 1 tablespoon of harissa

## DIRECTIONS

Slice the tempeh into slivers. Shred the onions. Grate the ginger.

Heat the olive oil in a pan and fry the slivers of tempeh brown. Spread the onion, ginger and ras el hanout between the tempeh and fry all stirring for 2 minutes more.

Add the tomato pieces.

Squeeze half a lemon. Cut the parsley and/or coriander fine.

Stir also the chickpeas with the liquid, lemon juice, harissa, parsley and/or coriander and some black pepper through it.

Bring the soup all stirring to the boil and let it simmer for 15 - 20 minutes.

Serve with homemade bread.

MAIN DISH

4 PERSONS

30 MINUTES

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