



## MOROCCAN LAMB SOUP

Serves 4-5

### INSTRUCTIONS

#### INGREDIENTS

2 tbsp. extra virgin olive oil  
1 brown onion, thinly sliced  
1 tbsp. ground cinnamon  
1 tbsp. ground turmeric  
1 tbsp. harissa  
1 tbsp. ground ginger  
1kg diced lamb (shoulder or leg), fat trimmed  
2 litres (8 cups) homemade chicken stock or NutraOrganics Chicken Bone Broth  
215g (1cup) lentils  
1 organic egg  
1 large tomato, diced  
1 bunch baby spinach leaves  
Juice of 1 lemon  
1 bunch coriander, leaves only, to serve

- 1) Heat 1 tbsp. olive oil in frying pan over high heat and sear the lamb for 5 minutes. Remove from the heat and set aside
- 2) Add the remaining oil to a large saucepan over high heat. Add the onion and cook for 3 minutes until onion has caramelised. Reduce heat to medium and add turmeric, ginger, cinnamon and cook for a few minutes.
- 3) Add lamb to the pan and stir. Add harissa and lentils and stir through. Add the chicken stock, reduce the heat and simmer, covered, for 1 hour or until lamb is tender.
- 4) In a cup, lightly whisk the egg. Whisk egg into the soup mixture, stirring constantly. Add the tomato, lemon juice and spinach and cook on low for 5 minutes.
- 5) Serve in bowls, topped with coriander.

