Arabian Chickpea Spinach Soup
Ingredients:
2 TBL olive oil
3 medium onions finely chopped
2 cloves garlic crushed
1-2 TBL Arabian Baharat or Ras el
Hanout
2 tbsp tomato paste
150g dried apricots chopped
Zest of ½ a lemon
Juice of 1 small lemon
1-19 oz can chickpeas (reserve some
chickpeas and peel for garnish)
6 cups vegetable stock
1largebunchspinach(200g),
stemmedandshredded
Salt to taste
For Garnish
Scallions or parsley
Yoghurt
Chile flakes
Whole peeled chickpeas
SpicesUsed: ArabianBaharatRasel
Hanout
6-8 Servings
Instructions:
1 - Heat oil and cook onions gently at low heat in a covered soup
pot until translucent but not browned.
2 - Add garlic, Arabian Baharat (or Ras el Hanout) and continue
cooking stirring constantly for a minute.
3 - Stir in tomato paste and cook for 3 minutes more.
4 - Add apricots, lemon zest & juice, chickpeas and stock. Cover
and simmer for about 20 minutes until chickpeas are tender.
5 - Cool soup slightly, pour into blender (or blend with a hand
blender in the same pot) and blend until smooth.
6 - Return soup to saucepan, reheat to low simmer, add spinach
and stir in until it wilts (about 5 minutes).
7 - Serve. Garnish each bowl with a dollop of yogurt and coarsely
chopped herbs, whole chickpeas and chile flakes if you like heat.