

2 TBL olive oil
1 onion, finely chopped.
5 garlic cloves
1 TBL fresh ginger
1 tsp cumin ground
½ tsp turmeric
400 g tomatoes, diced or pureed
1-3 TBL Tunisian Harissa or Rose Harissa paste (prepared as instructed on the jar)
¼ cup c antro, chopped.
¼ cup pars ey, chopped.
2 cups canned chickpeas, drained and rinsed or cooked from dry beans.
½ cup dried lent s, rinsed and drained.
1 TBL brown sugar
8 cups vegetable stock
1 bunch of kale, chopped
2 eggs to thicken

Yoghurt

C antro

Pars ey

Olive oil

Tunisian HarissaRose

Harissa

1 - In a large pot Sauté onions with olive for a few minutes until softened.
2 - Add garlic and ginger. Sauté for 2 minutes.
3 - Add cumin, turmeric and harissa paste. sauté for 2 minutes.
4 - Add tomatoes and cook for 5 minutes.
5 - Add c antro, pars ey, lent s, chickpeas, sugar and stock. Season with salt and pepper to taste.
6 - Bring to a boil. Lower heat and cover. Simmer for 45 minutes until lent are tender.
7 - Add kale and simmer for 10 minutes. Season again if needed.
8 - In a small bowl, whisk the eggs until beaten. Slowly whisk in a ladle of hot soup to the eggs to incorporate. Slowly whisk in the content of the bowl into the soup pot.
9 - Serve in individual bowls with crusty bread. Garnish with a dollop of yoghurt, chopped herbs and a drizzle of olive oil.