



Moroccan Soup with Kale and Chickpeas

This Moroccan soup has a depth of flavour that you simply cannot miss out on. This recipe serves 6, but if you are catering for more or less, simply multiply or divide the ingredients. Or even better, you could make too much on purpose. Simply pop it in the freezer, ready to be reheated for whenever's convenient. Had a miserable and long winded day? We're sure you won't get home and be able to cook up something within 5 minutes with this much 'kapow'!

Serves 6

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp saffron threads
- 2 cinnamon sticks
- 2 tsps ground coriander
- 3 tsps ground cumin
- 2 x 400g canned chopped tomatoes
- 1300ml vegetable broth
- 450g butternut squash, peeled and cut into ½ inch pieces
- 300g sweet potato, peeled and cut into ½ inch pieces
- ½ tsp kosher salt
- 2 x 400g cans chickpeas, drained
- 270g chopped kale, stems removed
- 25g fresh coriander, chopped

Method

1. Heat the oil in a large, heavy bottomed pot over medium heat. Add the onion and garlic and sauté for about 5 minutes or until tender. Stir in the saffron, cinnamon sticks, coriander and ground cumin and cook for 2-3 minutes until the spices are fragrant
2. Add the chopped tomatoes and their juice, chicken broth, butternut squash and sweet potato and bring to a boil. Season with salt. Reduce the heat to a simmer and cook for about 30 minutes or until the squash and sweet potatoes are fork tender
3. Stir in the chickpeas and chopped kale and simmer for 5 minutes or until chickpeas are warmed through and the kale starts to wilt
4. Serve immediately



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