

Moroccan Lamb Soup

Serves: 6

Prep Time: 10 minutes

Cook Time: 2 ½ hours



2 ½ serves per portion

Ingredients

2 teaspoons extra virgin olive oil
2 lamb shanks, fat trimmed
1 brown onion, finely chopped
1 carrot, finely chopped
2 celery sticks, finely chopped
2 garlic cloves, crushed
1 tablespoon Moroccan seasoning
400g can diced tomatoes
1L chicken stock, reduced salt
180g barley
50g brown rice
1 cup frozen broad beans, thawed
400g can chickpeas, drained and rinsed
Black pepper, to taste
Fresh coriander, to serve

Method

HEAT oil in large saucepan over medium-high heat. Add lamb and cook, turning occasionally, for 5 minutes or until browned. Transfer to a plate.

ADD onion, carrot, celery and garlic to the pan. Cook, stirring, for 5 minutes or until onion softens. Add the Moroccan seasoning and stir for 1 minute or until fragrant.

RETURN lamb to pan and add tomato, stock and barley. Bring to the boil.

REDUCE heat to low and cook, covered, stirring occasionally, for 2 hours or until lamb is falling off the bone.

TRANSFER lamb to heatproof bowl. Add rice to the soup. Cook, uncovered, for 10 minutes.

SHRED the lamb using two forks, discarding the bones.

ADD lamb, broad beans and chickpeas to the soup. Cook for 2 minutes or until heated through. Add pepper to taste.

SERVE with coriander.



Everyday Food

Recipe courtesy of the Country Kitchens team