



UNIT 8 / Recipe 12

Hareira Moroccan Nationalsoup

Quantity:

80 g (uncooked)

100 g

1 p

1 p

1 p – 200 g

100 g

200 g

50 g

100 g

5 g

5 g

5 g

1 l

20 g

Ingredients

chickpeas 8 =
100 g cooked)

lentils

coriander

parsley

blanched celery

onion

tomato juice

tomato paste

flour

Salt

pepper

gingembre

Curcuma

water

oil

for 4 Persons

As Main course quantity for 2 persons

Preparation:

- We first chop onions, coriander, parsley and blanched celery.
- Put oil in a cooker, blanched celery and chickpeas minced to juice and lentils then add the spices, the chopped onions, coriander and parsley.
- Stir and let everything to be homogeneous and cook for 15 minutes.
- Add the tomato concentrate and boiling water and finally add the flour dough with water and stir well for 15 minutes.





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Learning the Vegan Cuisine

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