



MOROCCO

LUNCH

PRINTABLE RECIPE PDF

Moroccan Harira

Harira is a traditional Moroccan soup that has been enjoyed for centuries, especially during Ramadan. It symbolizes hospitality and is often served to break

PREP

15 min

COOK

45 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 tablespoon olive oil - for sautéing
- 1 medium onion - finely chopped
- 1 clove garlic - minced
- 1 teaspoon ground cumin - for seasoning
- 1 teaspoon ground ginger - for warmth
- 1 teaspoon ground cinnamon - adds sweetness
- 400 grams canned chickpeas - drained and rinsed
- 1 liter vegetable broth - or water for a lighter version
- 1 large tomato - chopped
- 50 grams vermicelli noodles - or other small pasta
- 1 handful fresh cilantro - chopped
- 1 handful fresh parsley - chopped
- 1 lemon - cut into wedges for serving

WHY THIS WORKS

About this recipe

A printable Moroccan Harira recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Harira is a traditional Moroccan soup that has been enjoyed for centuries, especially during Ramadan. It symbolizes hospitality and is often served to break the fast, highlighting the country's rich culinary heritage. The

ORIGIN & TRADITION

Mediterranean context

Harira is a traditional Moroccan soup that has been enjoyed for centuries, especially during Ramadan. It symbolizes hospitality and is often served to break the fast, highlighting the country's rich culinary heritage. The combination of spices and fresh ingredients reflects the diverse influences on Moroccan cuisine.

METHOD

Step-by-step instructions

1

In a pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

2

Stir in the minced garlic, ground cumin, ground ginger, and ground cinnamon. Cook for 1-2 minutes until fragrant.

3

Add the chopped tomato and cook for another 5 minutes, stirring occasionally.

4

Pour in the vegetable broth and bring to a boil. Add the chickpeas and lower the heat to a simmer.

5

After 15 minutes, add the vermicelli noodles and let cook for an additional 5-7 minutes until tender.

6

Remove from heat and stir in the chopped cilantro and parsley. Season with salt and pepper to taste.

CHEF'S TIP

For the best flavor, allow the soup to simmer a bit longer if time permits; it helps the spices meld beautifully.

NUTRITION PER SERVING (EST.)

Calories	320 kcal	Fat	8 g
Protein	15 g	Fiber	12 g
Carbohydrates	50 g	Sodium	600 mg

SERVING SUGGESTION

Serve the Harira hot, garnished with extra cilantro and lemon wedges on the side. Pair with crusty bread for a traditional touch.

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