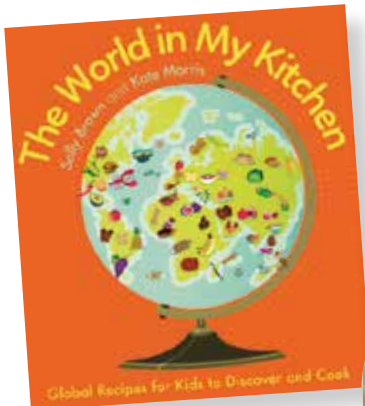




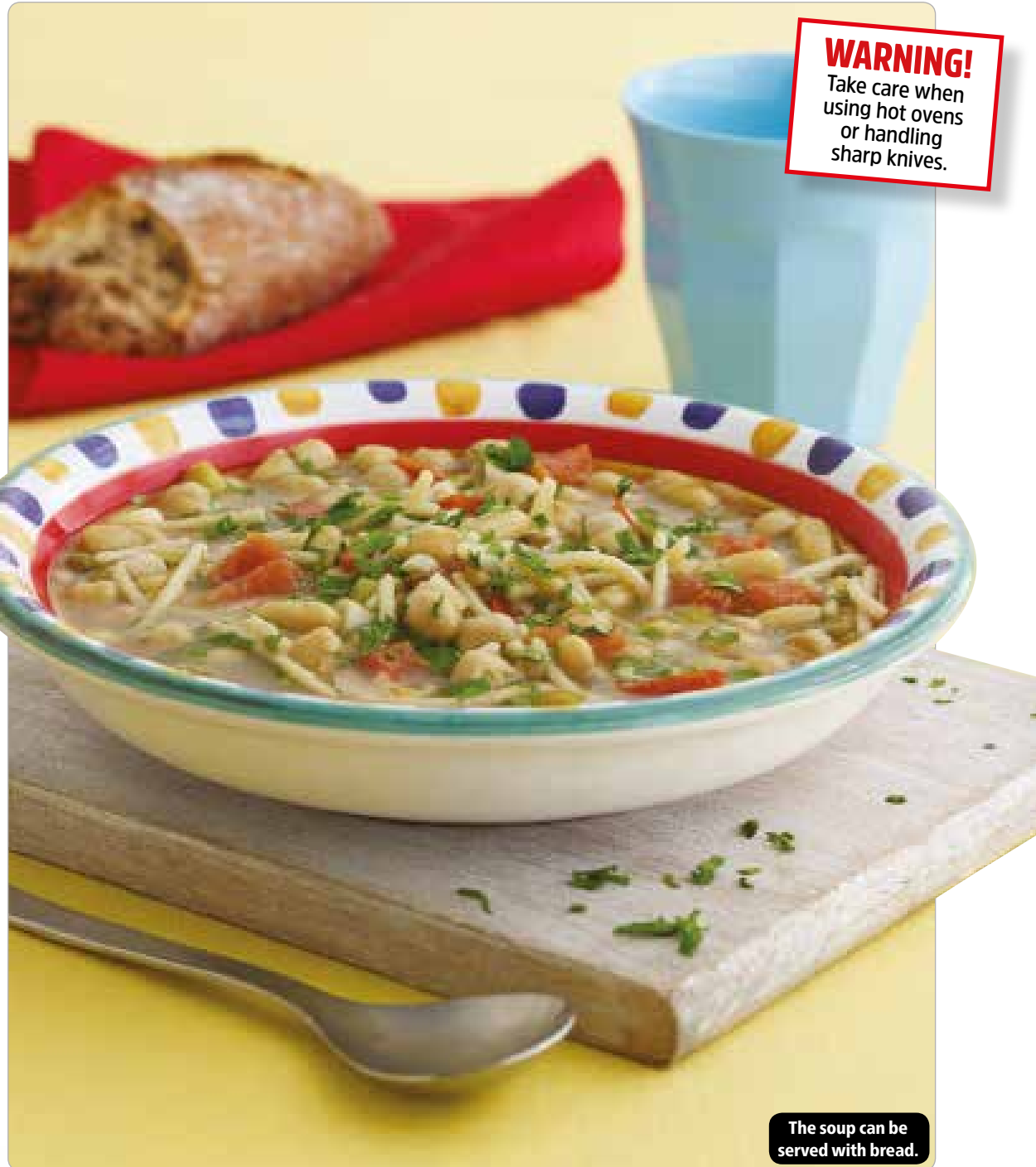
Make Moroccan bean soup

This delicious Moroccan recipe is by Sally Brown and Kate Morris, who are members of the Guild of Food Writers and the chefs behind the TV series *My World Kitchen*. This dish is from their book *The World In My Kitchen* (on sale now from Nourish Books) which has recipes from around the globe.



What you need

- 400g can of white beans, such as cannellini, rinsed and drained
- 400g can chickpeas, rinsed and drained
- 80g green lentils
- 2tbsp lemon juice
- 1tsp crushed garlic
- 1tsp grated ginger
- 2tsp ras el hanout spice mix
- 1 litre of water
- 8 cherry tomatoes
- 70g spaghetti
- 6 spring onions
- 30g fresh flat-leaf parsley leaves
- Casserole dish with a lid
- Can opener
- Knife
- Long-handled heatproof spoon



WARNING!
Take care when using hot ovens or handling sharp knives.

The soup can be served with bread.

Instructions

1. Heat the oven to 180°C and put the beans, chickpeas and lentils in the casserole dish. Add the lemon juice, crushed garlic, grated ginger and spice mix to the water, then pour it over the top of the ingredients in the dish.
2. Chop the cherry tomatoes and then snap the spaghetti into short pieces. Add these to the casserole dish.
3. Chop the white part of the spring onions into small rings and put them in the casserole dish. Stir the mixture well and put on the lid.
4. Put the casserole dish in the oven, using oven gloves. Ask an adult to help if you need to. Cook for one hour until the lentils are soft.
5. Chop the flat-leaf parsley.
6. Carefully remove the casserole dish from the oven using oven gloves. Careful – it will be very hot! Stir the Moroccan bean soup well with a long-handled spoon.
7. Spoon into bowls and sprinkle the parsley on top. You could serve the soup with fresh, warm crusty bread, if you like.

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