



Moroccan tomato & chickpea soup with couscous

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 75 g couscous
- ☐ 3 tbsp olive oil
- ☐ 750 ml vegetable stock hot low-sodium
- ☐ 1 large onion finely chopped
- ☐ 1 small carrots chopped
- ☐ 4 garlic cloves crushed
- ☐ 4 servings half a finger of ginger peeled finely chopped

- ☐ 1 tbsp ras-el-hanout
- ☐ 1 tbsp harissa paste
- ☐ 400 g tomatoes chopped canned tinned
- ☐ 400 g chickpea canned tinned
- ☐ 0.5 juice of lemon
- ☐ 4 servings coriander roughly chopped

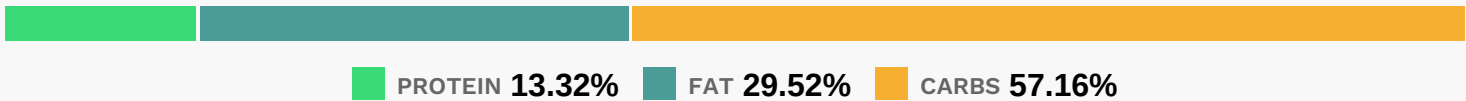
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Tip the couscous into a bowl, season with salt and pepper and stir through 1 tbsp of the oil.
- ☐ Pour over enough hot stock just to cover and cover the bowl with cling film and set aside.
- ☐ Heat the rest of the oil in a saucepan and cook the onion and carrot gently for 8 mins until softened.
- ☐ Add the garlic and ginger and cook for 2 mins more then stir in the ras el hanout and harissa and cook for another minute.
- ☐ Pour in the tomatoes and stock and give everything a good stir. Season, add the chickpeas and simmer everything gently for 20 mins until thickened slightly then squeeze over the lemon.
- ☐ Uncover the couscous and fluff up with a fork. Spoon the soup into bowls, top each with a mound of couscous, scatter with coriander and serve with extra harissa for those who want it.

Nutrition Facts



Properties

Glycemic Index:82.4, Glycemic Load:18.57, Inflammation Score:-10, Nutrition Score:23.281304359436%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 402.44kcal (20.12%), Fat: 13.66g (21.02%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 47.36g (17.22%), Sugar: 13.67g (15.19%), Cholesterol: 0mg (0%), Sodium: 947.59mg (41.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Manganese: 1.54mg (77.17%), Vitamin A: 2781.7IU (55.63%), Folate: 202.67µg (50.67%), Fiber: 12.16g (48.65%), Copper: 0.63mg (31.43%), Iron: 5.13mg (28.47%), Phosphorus: 256.54mg (25.65%), Vitamin K: 25.75µg (24.52%), Vitamin E: 3.52mg (23.45%), Potassium: 764.32mg (21.84%), Magnesium: 87.19mg (21.8%), Vitamin B6: 0.43mg (21.66%), Vitamin C: 17.16mg (20.79%), Vitamin B1: 0.26mg (17.34%), Zinc: 2.13mg (14.22%), Vitamin B3: 2.73mg (13.64%), Calcium: 127.11mg (12.71%), Vitamin B2: 0.16mg (9.47%), Vitamin B5: 0.92mg (9.16%), Selenium: 5.04µg (7.2%)