

Moroccan Chickpea and Spinach Soup

Ingredients:

- 2 tablespoons olive oil
- 3 medium onions, finely chopped
- 2 garlic cloves, crushed
- 1 ½ teaspoon ground cinnamon
- 1 teaspoon chilli powder, or to taste
- 2 tablespoons tomato purée
- 150g dried apricots, chopped
- 4 teaspoons lemon juice
- 1.5 litres vegetable stock
- 250g chickpeas (pre-soaked or tinned)
- 200g fresh spinach, shredded
- salt and pepper

Heat the oil and the onions gently for 5 minutes in a covered saucepan, without colouring. Add the garlic and spices and cook, stirring, for 1 minute. Add the tomato purée and cook for 3 minutes. Add the apricots, lemon rind and juice, stock and chickpeas. Cover and simmer for about 20 minutes until the chickpeas are tender. Cool a little, then purée in a liquidiser. Return to a clean saucepan. Stir in the spinach, cover, pan and simmer for a further 5 minutes until the spinach has wilted. Season to taste.