

You can find other nice recipes in my books

Pipke & Popke in German and Dutch for children under 6 years and

Pippa and Paul in English, for young readers 7 – 10 years.

Playfully your children hear that healthy food is important to be fit and to be able to study well at school.

You can buy my books via Amazon.de and Bol.com also as an **Ebook**.

It's a favourite recipe of my friend Kautar

Moroccan Traditional Haira Soup is a lentil and tomato soup with fresh herbs; especially popular during Ramadan.

Normally eaten with chicken, lamb or beef.

But the soup is also nice without meat for vegetarians

Ingredients (8 - 10 portions):

- 1 cup of leek, finely chopped,
- 1 cup of celery, finely chopped,
- 1 bunch parsley, finely chopped,
- 1 bunch cilantro, finely chopped,
- 1/2 cup of soaked chickpeas,
- 1/2 cup of lentils,
- 1 onion,
- 6 large tomatoes, pureed,
- 1 teaspoon fenugreek seed,
- 1 vegetable bouillon cube (less salt),
- 3 tbsp. olive oil,
- 1 lemon juice,
- 1 tbsp. salt,
- 1 pinch saffron,
- 2 tbsp. curry spices,
- 3/4 cup flour to tie
- 1 cup meat
- 1 cup vermicelli

Methods:

- Put the leek, celery and onion in a pan, add 1 l water and let it bowl for 15 minutes. Puree with a hand blender.

- In the meanwhile heat the oil in a pan and put the meat in; let it simmer for a while.

- Put the meat with the oil into the pan with the mashed vegetables.

Add tomatoes, chickpeas and 3 l water and boil for 1 hour. Then add the lentils and boil all together for other 30 minutes

- Take a big bowl and mix parsley, coriander, lemon juice, bouillon cube, spices, salt, pinch saffron with a little bit of water together. Add 3/4 cup flour and mix it again.

- Add the contents of the bowl to the soup while stirring well and let it thicken. Let it simmer or 15 min. and keep stirring.

- Then add a cup of vermicelli and let it cook for other 5 minutes.

Enjoy!

My books '**Pipke & Popke**' and '**Pippa and Paul**' are also available as E- book.
You can buy them via Amazon.de and Bol.com.