

# Q

+ 1 hour cooking time

## moroccan lamb soup

Serves 4  

*A hearty soup with intense flavours.*

1 brown onion, peeled  
and halved  
2 garlic cloves, peeled  
30g olive oil  
500g lean lamb leg, diced  
 $\frac{1}{2}$  tsp cayenne pepper  
1 tsp paprika  
1 tsp ground cumin  
1 tsp cinnamon  
400g can diced tomatoes  
500g lamb, beef or  
vegetable stock  
100g dried apricots, halved  
Salt, to taste  
Fresh mint, to serve  
Toasted slivered almonds, to serve

1. Place onion and garlic in TM bowl, chop for 5 seconds, speed 5.
2. Add oil, sauté for 4 minutes, 100°C, speed 1.
3. Add lamb, cayenne pepper, paprika, cumin, cinnamon, tomatoes, stock, dried apricots and salt. Cook for 1 hour, 90°C, reverse speed 1. Remove MC and place steamer basket on top to prevent splashes.

Serve garnished with mint and slivered almonds.

*Health Tip: Cumin seeds are an excellent source of iron. They have also been found to stimulate pancreatic enzymes assisting digestion and nutrient absorption.<sup>31</sup>*