



ALSO WORKS A TREAT WITH...

Spring greens or kale in place of the spinach

RAISE YOUR GAME BY...







LENTIL SOUP WITH TOUM

Here we've got a simple but really delicious lentil soup with greens and a Lebanese condiment called toum. Toum is made from garlic, lemon and oil - a bit like a hyper-garlicky mayonnaise, it really brightens up the earthy flavours of the lentils and adds a fresh, tangy flavour to this incredibly satisfying Mezze Legend meal!

Prep 10 mins	Cook 1 hr 20 mins
Heat	Serves
((000	4
11000	as a starter

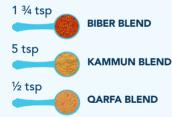
100g spinach (fresh or frozen)

2 onions - thinly sliced

6 **cloves of garlic** - finely grated or crushed

1 lemon

200g dried green or brown lentils



- 1 Fry the onions in 3 tbsp oil for 20 minutes or until very dark brown.
 Reserve 2 tbsp of the fried onions for later, leaving the rest in the pan
- Blend (or mash using a pestle and mortar, or a fork and small bowl) ³/₃ of the garlic with the juice of the lemon, ¹/₄ tsp salt and 4 tbsp oil to a smoothish paste to make the toum, then leave to one side
- Add the remaining garlic, the lentils, 1 ½ tsp <u>BIBER BLEND</u>, 5 tsp <u>KAMMUN BLEND</u>, ½ tsp <u>QARFA</u> <u>BLEND</u> and 11 water to the browned onions then cover and simmer for 40 minutes or until the lentils are soft
- 4 Carefully blend ½ of the lentil mixture to a smooth puree then stir back into the pan
- 5 Add the spinach and 1 tsp salt then cover and simmer for 10 minutes or until the spinach is soft and silky
- 6 Serve the soup with a spoonful of the toum stirred in, and the reserved fried onions and a pinch of **BIBER BLEND** sprinkled over the top