

LENTIL SOUP WITH TOUM



EXTRAS
#5

ALSO WORKS A TREAT WITH...

- Spring greens or kale in place of the spinach

RAISE YOUR GAME BY...

Deep-frying the onions to make them really crispy



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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 4 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 $\frac{3}{4}$ tsp



BIBER BLEND

5 tsp



KAMMUN BLEND

$\frac{1}{2}$ tsp



QARFA BLEND

- 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
- 2 Blend (or mash using a pestle and mortar, or a fork and small bowl) $\frac{3}{4}$ of the garlic with the juice of the lemon, $\frac{1}{4}$ tsp salt and 4 tbsp oil to a smoothish paste to make the toum, then leave to one side
- 3 Add the remaining garlic, the lentils, 1 $\frac{1}{2}$ tsp **BIBER BLEND**, 5 tsp **KAMMUN BLEND**, $\frac{1}{2}$ tsp **QARFA BLEND** and 1l water to the browned onions then cover and simmer for 40 minutes or until the lentils are soft
- 4 Carefully blend $\frac{1}{2}$ 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