



Gluten Free Moroccan Tomato Soup

1 brown onion, chopped
1 leek, chopped
2 garlic cloves, crushed
40 grams / 2 tablespoons Olive Oil
1 teaspoon smoked paprika
1 teaspoon ground cumin
2 teaspoons Turmeric
¼ teaspoon chilli flakes (optional)
200 grams Sweet Potato
½ cup Red Lentils, washed
1 kg Roma Tomatoes
600ml Meat Stock of your choice
Salt and Pepper to taste
Yogurt

Method for Thermomix:

- Place onion, leek and garlic into Thermomix and chop, 3 seconds, speed 6.
- Add Paprika, Turmeric, Cumin, Chilli Flakes (if using) and oil and sauté for 3 minutes, 100 degrees, speed 1.
- Add chopped Sweet Potato, Lentils, tomatoes and meat stock then cook for 35 minutes, 100 degrees, speed 0.5 (place steamer basket on top instead of MC).
- Add Salt and pepper to taste then puree, 30 seconds, starting at speed 5 and slowly increasing to 8.
- Transfer the Thermoserver and serve topped with some fresh yogurt



Method for non Thermomix:

- In a pre heated, heavy based saucepan add the oil, onion and leek and sauté for 5 minutes until soft.
- Add in the garlic, Turmeric, Paprika, Cumin and Chilli Flakes (if using) and sauté for an additional 5 minutes.
- Once done add in the Sweet Potato, Lentils, tomatoes and meat stock, bring to the boil then leave to simmer for 30-40 minutes (until Lentils are cooked).
- When finished, puree with a hand blender or in a food processor until creamy, add salt and pepper to taste and serve topped with some fresh yogurt.