

Algerian Chorba Frik

Ingredients:

Serves: 4

Cook: 40 min

1 Onion, chopped
4 Clove Garlic, crushed
2 Stalk Celery
4 tbsp tomato puree
Handful each, Coriander and Parsley, chopped
1 Canned Chickpea
Salt to taste
Black Pepper
½ tsp Cinnamon
1 tsp Paprika
3 tbsp Oil
1L Vegetable Stock
4 tbsp Frik, crushed wheat



Method:

1. First soak the Frik in water for 10 minutes.
2. Gently fry the onion until soft. Add the garlic cook for another 2 minutes, then add the paprika and cook for another minute.
3. Add the tomato puree and stock and bring to the boil, add the frik and simmer, covered, until the Frik is soft, about 30 minutes.
4. To make a smooth soup-like sauce, use a hand blender. Add the chickpeas and herbs and cook for a few minutes until chickpeas are softened. Sprinkle with finely chopped coriander and parsley.
5. Add a squeeze of lemon to each serving and serve with Bourek (Algerian style spring rolls).

That's it, bon appetite!