

Nutritional value per serve Fat: 3.2 g Carbohydrate: 5.2 g Protein: 3.6 g

Middle Eastern spinach and meatball soup

Preparation time 15 minutes Cooking time 1 hour

Ingredients

2 tablespoons olive oil
 2 large leeks, washed and sliced
 1 tablespoon turmeric
 1 tablespoon cinnamon
 125 g (4 oz) yellow split peas
 1½ litres (3 pints) vegetable stock or water
 500 g (1 lb) spinach, washed and chopped
 400 g (13 oz) potatoes, peeled and diced
 4 tablespoons rice flour
 juice of 2 lemons
 salt and ground pepper
 3 tablespoons yoghurt
 oil for frying
 4 golden shallots, thinly sliced
 10 mint leaves, finely sliced

Meatballs

1 large brown onion, finely minced
 250 g (8 oz) minced lamb
 2 cloves garlic, minced
 salt and pepper

serves 4

1 Heat the olive oil in a large saucepan. Add the sliced leeks and sauté until golden. Add the turmeric and cinnamon and stir over heat for 1 minute. Add the split peas and stock or water and bring to the boil. Reduce heat and simmer for 30 minutes.



2 In a large bowl, mix together the onion, lamb, garlic and salt and pepper to taste. Shape the meat mixture into walnut-sized balls. Drop them into the soup and simmer for 10 minutes. Add the spinach and potato and continue simmering a further 10 minutes.



3 Mix the rice flour with a little water and lemon juice until smooth. Stir into the soup. Add salt and pepper to taste and simmer for 10 minutes. Reduce heat and stir yoghurt through. Heat on low for 1 minute without boiling.



4 In a separate frying pan, heat the oil and fry the shallots until crisp and golden. To serve, garnish the soup with the fried shallots and mint leaves.

