

CHORBA

New recipe



Preparation : 20 min - **Resting :** - - **Cooking :** 50 min - **Equipment :** -

Ingredients : 4-6

- 1 onion, quartered - 2 carrots, sliced (200g) - 2 sticks celery, sliced - 500 g minced meat (mixed beef and lamb) - 5 sprigs* coriander, leaves removed - 5 sprigs* mint, leaves removed - 2 garlic cloves - 600 ml water - 1 chicken stock cube, crumbled - 2 tbsp olive oil - 1 tin peeled tomatoes (240g) - 1 tbsp tomato puree - 50 g vermicelli noodles - 210 g cooked chickpeas, drained - 8 g bunch flat-leaf parsley - salt, pepper - ½ tsp ground cinnamon - 1 tsp ground coriander - 1 tsp ground ginger - 1 tsp ground cumin - 1 tsp sweet chilli powder - 1 tsp caster sugar

1. Place the onion and garlic cloves in the metal bowl and run the EXPERT programme 20 seconds/speed 13 (without heating). Set half of the mixture aside.
2. Add the minced meat, salt, pepper, coriander and mint leaves. Run the EXPERT programme 2 minutes/speed 5 (without heating). The meat must be finely minced. Empty the bowl and make small meatballs about 2cm in size. Set aside and rinse the bowl.
3. Place the olive oil, remaining onion and garlic mixture in the metal bowl. Run the EXPERT programme, 3 minutes/speed 3/130 °C.
4. Add the sliced vegetables, water, stock cube, spices, sugar, tomatoes and tomato puree. Restart the EXPERT programme, 35 minutes/speed 2A/100 °C.
5. Add the noodles, meatballs and chickpeas. Restart the EXPERT programme, 10 minutes/speed 1A/120

°C. If the texture is too thick, add water. Serve the Chorba garnished with parsley sprigs*.

Chef's tip :

You can also mince your meat using the FOOD PROCESSOR programme. Cut the meat in large pieces and place in the food processing bowl, equipped with the metal blade; run the programme 30 seconds.

Cook Expert ■

Modified on 07/12/2016

© photographs Sandra Mahut

© Hachette Livre (Marabout) 2016