

Chicken Harira

Ingredients

.113kg (1/4 pound) dried chickpeas (could use 1 regular can chickpeas)
3 tablespoons olive oil
.680 kg (1 1/2 pounds) boneless, skinless chicken cut into small pieces
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup diced onions
1/2 cup diced celery
2 teaspoons ground ginger
2 teaspoons turmeric
1 teaspoon ground black pepper
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 (28-ounce) can diced tomatoes and juices
1350 ml **OR** 1-1/2 containers (1-1/2 quarts) rich chicken stock
.113kg (1/4 pound) dried green lentils
1/2 cup long-grain rice (white or brown)
1/2 cup chopped fresh cilantro (and/or mint) leaves
2 tablespoons chopped fresh parsley leaves
2 teaspoons fresh lemon juice

Directions

Pick over the chickpeas, cover with cold water, and soak overnight at room temperature. Drain chickpeas and rinse well with cold running water. Set aside. **OR** Rinse and drain one standard can chickpeas.

Heat the olive oil in a medium stockpot or Dutch oven over medium-high heat. Season the chicken pieces with 1/4 teaspoon each of salt and pepper. Add the chicken in batches, and cook until well browned, about 4 minutes per batch. Remove the chicken from the pot and set aside.

Add the onions and celery and cook until softened, about 4 minutes. Add the ginger, turmeric, pepper, cinnamon, and nutmeg (I usually up the amount of spices from the recipe a bit) and cook, stirring constantly, for 1 minute.

Add the tomatoes and their juices, stirring well. Stir in the chicken stock, lentils, and chickpeas and bring to a boil. Reduce heat to medium-low, cover, and cook at a gentle simmer for 1 hour.

Return the chicken to the pot. Add the rice and the remaining 1/2 teaspoon of salt and bring the soup back to a simmer.

Cook covered for 30 minutes. (if using Brown long grain rice, increase time to 45 min)

Remove the lid, add the cilantro and mint, parsley, and lemon juice and cook, uncovered for 5 minutes.

Ladle into warmed soup bowls and garnish with fresh cilantro (and/or mint) sprigs.

CHICKEN HARIRA



My friends and I are a pretty active bunch and we LOVE to eat. We're not quite sure if we eat to exercise or exercise to eat! One friend recently had a soup party (over 12 soups to sample) and I prepared a chicken harira. This Moroccan chickpea stew with subtle, spicy flavours was a huge (and healthy) hit!

~JILL CALKIN, BScPT, BHKIN

Although currently taking a hiatus from competitive sports to incubate a little one (due June 1st!), Jill is still trying to keep active with cross country skiing, swimming, prenatal fitness and (increasingly easy) indoor rock climbing. She left junior varsity rowing and varsity ice hockey back in university, but has been playing International Ultimate Frisbee since the mid 90's. With a wee one on the way, Jill won't be rejoining Team Canada to play at the World Ultimate Championships this summer in Japan. She can still be seen looking longingly from the sidelines and occasionally helping coach high school students or instructing at Ultimate clinics.



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