

Cawl Morocaidd

Paratoi:
5 - 10 mun.

Coginio:
5 - 10 mun.

Digon i 4



Dull

1. Cynheswch yr olew mewn sosban fawr a ffrio'r winwns yn ysgafn am 6-8 munud, neu tan eu bod wedi meddalu ac wedi brownio ychydig, gan droi'n aml. Ychwanegwch y cwmin a'r pâst harissa a choginio am 1 funud arall, gan droi'n gyson.
2. Ychwanegwch y tomatos i'r sosban a'u mudferwi. Coginiwch am 2 funud, gan droi'n gyson.
3. Ychwanegwch y ffa / corbys a chymysgu'r dŵr neu isgell.
4. Mudferwi'r cyfan a'i goginio am 5 munud, gan droi bob hyn a hyn. Yn olaf, halen a phupur du.

Cynhwysion

- 2 lwy fwrdd olew blodyn haul
- 1 winwnsyn mawr, wedi'i dafellu'n denau
- 2 ewin garlleg, wedi'u chwalu
- 1 lwy de cwmin mâl
- 2 lwy de harissa neu bâst chili
- Tun 400g tomatos wedi'u torri
- 4Tun 400g ffa cannellini neu gorbys - eu draenio a'u rinsio
- 600ml dŵr
- 1 ciwb isgell cyw iâr neu lysiau
- Halen a phupur

Cyngor Da!

- Ychwanegwch gig/lysiau wedi'u torri a'i gymysgu i mewn gyda'r ffa/corbys.
- Am fwy o ddyfnder blas, ychwanegwch lond llaw o sbageti sych wedi'i dorri neu nwdls a 300ml o ddŵr ar yr un pryd â'r ffa neu gorbys.

Moroccan-style soup

Prep Time:
5 - 10 mins

Cook Time:
5 - 10 mins

Serves 4



Method

1. Heat the oil in a large saucepan and gently fry the onion for 6-8 minutes, or until softened and lightly browned, stirring regularly. Add the garlic, cumin and harissa paste and cook for 1 minute more, stirring constantly.
2. Add the tomatoes to the pan and bring to a simmer. Cook for 2 minutes, stirring constantly.
3. Add in the beans or lentils and stir in the water and stock.
4. Bring to a simmer and cook for 5 minutes, stirring occasionally. Season well with salt and freshly ground black pepper.

Ingredients

- 2 tbsp. sunflower oil
- 1 large onion, finely sliced
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 2 tbsp. harissa or chilli paste
- 400g tin chopped tomatoes
- 400g tin cannellini beans or lentils, drained and rinsed
- 600ml water
- 1 chicken or vegetable stock cube
- Salt and pepper

Top Tips!

- Add chopped cooked meat/veg and stir in with the beans or lentils.
- For extra depth add a handful of broken dried spaghetti or noodles and 300ml water at the same time as the chickpeas or lentils.