



## Easy Harissa

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Making your own Harissa paste is incredibly easy and once you taste it, you won't be able to stop using it. Perfect as a marinade for meat or a fiery dressing for roasted vegetables.

**Course** Condiment, Gluten free, Harissa, Sauce, Vegan,

Vegetarian

**Cuisine** Moroccan

**Keyword** Harissa, Harissa paste, home-made harissa paste

**Prep Time** 10 minutes

**Cook Time** 5 minutes

**Total Time** 15 minutes

**Servings** 300 ml

**Calories** 26kcal

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### Ingredients

- 2 red bell peppers charred and skins removed
- 5 peeled garlic cloves
- 2 tbsp tomato paste
- 1 tablespoon smoked paprika
- 2 fresh red chillies I used Serenade peppers but jalapenos will also work
- 1 fresh red bird's eye chilli
- 5-6 tablespoons olive oil
- salt & black pepper to taste
- 2 tbsp lemon juice

### for the spice mix

- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 2 teaspoons coriander seeds
- 2 teaspoons dried chilli flakes

### Instructions

1. Combine the spices in a small frying pan set over medium heat.
2. Allow the spices to toast for a few minutes, giving the pan a shake regularly to prevent the spices from burning.
3. The spices will become aromatic and start to pop. Remove from the heat. Grind with a pestle and mortar until fine.
4. The easiest way to char peppers is over an open flame, like a gas hob. You can also do it under a hot broiler. Char the peppers until blackened all around then transfer to a bowl and cover with plastic wrap.
5. Allow to steam for 20 minutes then peel off the charred skin. De-seed the peppers and set aside.
6. Combine the peppers, chillies, peeled garlic cloves, tomato paste, spices, lemon juice, olive oil, salt and pepper in the bowl of a food processor and blend.
7. Adjust seasoning if necessary then transfer to a sealable jar or container.

### Notes

- Nutritional information is worked out per tablespoon of Harissa paste. The full recipe makes 300ml (just over 1 cup) of Harissa paste.

### Nutrition

Calories: 26kcal | Carbohydrates: 1g | Fat: 2g | Sodium: 20mg | Potassium: 59mg | Vitamin A: 405IU | Vitamin C: 14.4mg | Calcium: 9mg | Iron: 0.3mg

Easy Harissa <https://simply-delicious-food.com/how-to-make-harissa-paste/>