

# Fragrant chickpea & vegetable soup

2 tps ghee or coconut oil  
1 small white onion, chopped  
2 medium-sized carrots, peeled and coarsely grated  
1 medium-sized parsnip, sliced  
3 cloves garlic, finely chopped  
200ml coconut milk  
400ml vegetable stock (made with 1 organic stock cube)  
1 tsp ground cumin  
½ tsp ground coriander  
1 tsp chilli powder  
a pinch of sea salt and black pepper  
200g (drained weight) tinned chickpeas, rinsed and drained  
a small handful of fresh coriander, finely chopped

**for the topping (optional):**  
80g (drained weight) tinned chickpeas, rinsed and drained  
½ tsp ground cumin  
½ tsp paprika  
½ tsp cayenne pepper  
a pinch of sea salt and black pepper  
1 tsp olive oil

**SERVES 3**

**PER SERVING:**  
338 Calories  
34g Carbs  
10g Protein  
18g Fat



To make the topping (optional), preheat oven to 200°C/400°F. Place the chickpeas in a bowl with the remaining topping ingredients and mix well. Pour onto a baking tray and spread out into a fine, even layer. Bake for 15 minutes. Allow to cool on the tray.

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion, carrot and parsnip and fry gently for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2-3 minutes, stirring.

Add the coconut milk, stock and dried spices. Stir well and increase heat to bring to a simmer. Reduce heat back to medium, cover and simmer for 10 minutes.

Add the tinned chickpeas and cook for 5 minutes. Remove soup from heat and allow to stand for 5 minutes. Transfer the soup to a blender and blend until creamy. Serve garnished with coriander and half of the chickpea topping.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*

