



UCCOOK

Chickpea & Chorizo Soup

with toasted ciabattini bread & fresh parsley

Be the soup-er hero in the kitchen today, Chef, with this easy but oh-so-satisfying chickpea soup. With a tomato passata & vegetable stock base, this nourishing soup's carefully selected ingredients bring the spice, salt, and sweet. Topped with crispy chorizo and sided with toasted ciabattini for you to slurp and savour away until satisfied!


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Megan Bure

Quick & Easy

 Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

50g	Sliced Pork Chorizo <i>roughly chop</i>
10ml	Tomato Paste
20g	Onion Flakes
10ml	Garlic Flakes
5ml	NOMU Spanish Rub
5ml	Vegetable Stock
120g	Chickpeas <i>drain & rinse</i>
200ml	Tomato Passata
1	Ciabattini
10ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. START THE SOUP Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the chopped chorizo until crispy, 2-3 minutes (shifting as it colours). Remove from the pan and drain on paper towel. Return the pan to the heat with the chorizo oil. When hot, fry the tomato paste, the onion & garlic flakes, and the NOMU rub until fragrant, 1-2 minutes (shifting constantly). Add the stock, the drained chickpeas, the tomato passata, and 200ml of water. Simmer until slightly reduced, 8-10 minutes.

2. BUTTERY BUN While the soup is simmering, halve the ciabattini and spread butter (optional) or oil over the cut-sides. Air fry at 200°C until crispy and heated through, 5 minutes. Alternatively, place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

3. ADD THE SWEET & ZESTY When the soup is slightly reduced, add a sweetener (to taste), seasoning, and the lemon juice (to taste).

4. GRAB A BOWL Bowl up a hearty helping of the soup. Garnish with the crispy chorizo and the chopped parsley. Serve the toasted bread on the side. Get dunking, Chef!

Nutritional Information

Per 100g

Energy	745kj
Energy	178kcal
Protein	9.2g
Carbs	22g
of which sugars	3.2g
Fibre	3.5g
Fat	4.8g
of which saturated	1.2g
Sodium	481.5mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy

Eat
Within
4 Days