



QCOOK

Chickpea & Chorizo Soup

with a toasted ciabatta roll & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Niñída | The Matriarch Cap Classique

Nutritional Info

	Per 100g	Per Portion
Energy	567kJ	3228kJ
Energy	135kcal	772kcal
Protein	6.7g	38.4g
Carbs	17g	98g
of which sugars	3.6g	20.4g
Fibre	2.9g	16.5g
Fat	3.4g	19.2g
of which saturated	0.8g	4.8g
Sodium	340mg	1935mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Alcohol, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Sliced Pork Chorizo <i>roughly chop</i>
75g	75g	Diced Onion
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Tomato Paste
5ml	10ml	NOMU Spanish Rub
5ml	10ml	Vegetable Stock
120g	240g	Chickpeas <i>drain & rinse</i>
200ml	400ml	Tomato Passata
1	2	Ciabatta Roll/s
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. START THE SOUP Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the 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. Fry the onion until soft, 4-6 minutes. Add the garlic, tomato paste and the NOMU rub and fry until fragrant, 1-2 minutes (shifting constantly). Add the stock, the chickpeas, the tomato passata, and 200ml [400ml] of water. Simmer until slightly reduced, 8-10 minutes.

2. BUTTERY BUN While the soup is simmering, halve the ciabatta roll/s and spread butter (optional) or oil over the cut-side. Air fry at 200°C until crispy and heated through, 5 minutes. Alternatively, place a pan over medium heat. When hot, toast the roll/s, 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 parsley. Serve the toasted bread on the side. Get dunking, Chef!