



QCOOK

Chickpea & Chorizo Soup

with a toasted ciabatta roll & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Niñída | The Matriarch Cap Classique

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 626kJ | 3092kJ |
| Energy | 150kcal | 739kcal |
| Protein | 7.7g | 38g |
| Carbs | 19g | 92g |
| of which sugars | 3.5g | 17.5g |
| Fibre | 3.2g | 15.6g |
| Fat | 3.9g | 19.1g |
| of which saturated | 1g | 4.8g |
| Sodium | 390mg | 1926mg |

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 150g | 200g | Sliced Pork Chorizo <i>roughly chop</i> |
| 30ml | 40ml | Tomato Paste |
| 60g | 80g | Onion Flakes |
| 30ml | 40ml | Garlic Flakes |
| 15ml | 20ml | NOMU Spanish Rub |
| 15ml | 20ml | Vegetable Stock |
| 360g | 480g | Chickpeas <i>drain & rinse</i> |
| 600ml | 800ml | Tomato Passata |
| 3 | 4 | Ciabatta Rolls |
| 30ml | 40ml | Lemon Juice |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

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 tomato paste, the onion and garlic flakes, and the NOMU rub until fragrant, 1-2 minutes (shifting constantly). Add the stock, the chickpeas, the tomato passata, and 600ml [800ml] of water. Simmer until slightly reduced, 12-15 minutes.

2. BUTTERY BUN While the soup is simmering, halve the ciabatta rolls 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 buns, 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!