



# UCCOOK

## 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:** Niriða | 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 &amp; rinse</i>
600ml	800ml	Tomato Passata
3	4	Ciabatta Rolls
30ml	40ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick &amp; 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!