



# QCOOK

## Chickpea & Chorizo Soup

with a toasted ciabatta roll & fresh parsley

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Quick & Easy:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
150g	200g	Sliced Pork Chorizo <i>roughly chop</i>
150g	150g	Diced Onion
2	2	Garlic Cloves <i>peel &amp; grate</i>
30ml	40ml	Tomato Paste
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

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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, 6-8 minutes. Add the garlic, tomato paste and the NOMU rub and fry until fragrant, 2-3 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 rolls, 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!