



# UCOOK

## 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Quick & Easy

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 Stettyn Wines | Stettyn Family Range Pinotage 2021

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## Ingredients & Prep

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150g	Sliced Pork Chorizo <i>roughly chop</i>
30ml	Tomato Paste
60g	Onion Flakes
30ml	Garlic Flakes
15ml	NOMU Spanish Rub
15ml	Vegetable Stock
360g	Chickpeas <i>drain &amp; rinse</i>
600ml	Tomato Passata
3	Ciabattinis
30ml	Lemon Juice
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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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 600ml of water. Simmer until slightly reduced, 12-15 minutes.

**2. BUTTERY BUN** While the soup is simmering, halve the ciabattinis 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 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 chopped parsley. Serve the toasted bread on the side. Get dunking, Chef!

## Nutritional Information

Per 100g

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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

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## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Soy

Eat  
Within  
4 Days