

Moroccan pumpkin, chickpea & ginger soup

Ingredients

5 tablespoons extra virgin olive oil

1 onion—finely diced

3 cloves garlic—minced

1 tablespoon finely grated fresh ginger

2 teaspoons ground cumin

2 teaspoons ground coriander

½ teaspoon ground cinnamon

½ teaspoon chili powder

2 lbs (1kg) pumpkin—peeled and roughly chopped

1 cup canned chickpeas—rinsed and drained

6 cups vegetable or chicken stock

2 teaspoons salt

2 tablespoons lemon juice

½ loaf ciabatta, sourdough, or Turkish bread



Method

HEAT 2 tablespoons of the oil in a large saucepan over a medium heat. ADD the onion and cook for 6 minutes, stirring occasionally. ADD the garlic, ginger, cumin, coriander, cinnamon and chili and cook for 1 minute, stirring constantly. ADD the pumpkin, chickpeas, stock, and salt and bring to the boil. REDUCE the heat to medium and simmer, covered, for 20 minutes.

WHILE the soup cooks, make the croutons. PREHEAT the oven to 200C/400F. CUT the bread into bite-size pieces and brush evenly with 2 tablespoons olive oil. PLACE on a tray and bake for 10 minutes until golden brown. REMOVE the soup from the heat and allow to cool a little. PUREE the soup in two batches in a blender or food processor until smooth. RETURN to the saucepan and stir in the lemon juice and 1 tablespoon olive oil. SERVE in bowls garnished with croutons.