

PUMPKIN & CHICKPEA SOUP

COST PER SERVE ▶ \$2.77

Prep 15 mins | Cook 35 mins | Serves 4

GF V

2 tbs vegetable oil
1 brown onion, finely chopped
2 garlic cloves, crushed
4 cups vegetable stock
1kg pumpkin, peeled, cut into
4cm pieces (see Cook's Tip)
3 parsnips, peeled, chopped
420g can chickpeas, drained, rinsed

1 tsp ground cumin
½ tsp ground coriander
2 zucchini, grated
½ cup Greek yoghurt
¼ cup coriander sprigs and chargrilled
naan bread, to serve

1 Heat 1 tbs oil in a large saucepan over medium heat. Add onion and garlic and cook for 4 minutes or until softened. Add stock and 2 cups water. Bring to the boil.
2 Add pumpkin and parsnip. Return to boil. Reduce heat and simmer for 25 minutes or until vegetables are soft. Cool slightly.

3 Meanwhile, heat remaining oil in a frying pan. Add chickpeas, cumin, coriander, then season with salt. Cook, stirring, for 8 minutes or until golden.

4 Use a stick blender to puree soup. Return to heat. Stir in the zucchini. Cook for 3 minutes or until the zucchini is tender and soup is reheated. Season.

5 Ladle into bowls. Top with a dollop of yoghurt, chickpeas and coriander. Serve with naan bread.

NUTRITION Per serve: 19g protein, 20g fat (4.5g saturated fat), 69g carb, 12g dietary fibre, 1735mg sodium, 2215kJ (530 Cals)

COOK'S TIP

Kent or butternut pumpkin work beautifully in this recipe.

