

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Quick and easy, Moroccan Chickpea Soup
ready in under 25 minutes!



Ingredients – serves 4 people

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|---|---|
| 2 Tbsp cooking oil | 1 can diced or crushed tomatoes |
| 1 large onion (very finely chopped) | 1 can chickpeas (rinsed & drained) |
| 4 each garlic cloves (finely grated) | 1 cup broad beans (defrosted) |
| 2 Tsp cumin | salt & pepper to taste |
| ½ Tsp cinnamon | 1 lemon (zest grated then cut into ¼) |
| 750 ml water (boiling, poured into a jug) | a few leaves of coriander or parsley to garnish |
| 1 vegetable stock cube (added to the boiling water and whisked) | 4 flat breads |

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Method

Heat the oil in a large pan over a high heat then add the onion and garlic. Cook for 2 minutes stirring occasionally – the onion should be soft.

Add the cumin and cinnamon and mix through the onion.

Cook for 30 seconds then add the vegetable stock, canned tomatoes and chickpeas.

Bring to a gentle boil then reduce heat to a fast simmer.

Add the broad beans and cook for 5 minutes.

Finely grate the lemon to remove only the zest (yellow skin) then cut the lemon into equal quarters.

If your flat breads need cooking, then follow instructions on the packet – if they are cooked then make hot by placing inside a foil packet under a warm grill.

Add the grated lemon zest to the soup, stir and then season with salt and pepper to taste.

Divide the hot soup between the serving bowls.

Top with the herbs and serve with the warm / hot flat breads and with lemon wedges on the side.

Notes from the chef:

The more authentic/traditional recipes use lentils that are cooked in the soup. To do this simply double the amount of stock and increase the cooking time by 30minutes or more.

If you do not have broad beans, then you can substitute any cooked plain bean in your store cupboard such as haricot blanc or flageolet.

Minced beef or lamb may be added for a more ‘hearty’ version. Simply brown the minced meat first, remove from the pan then follow the recipe steps and add the meat back alongside the broad beans.

For a soup with a kick, then add 2 tsp of Harissa Paste (an earthy chili spice paste) to the onions once cooked.

You can also serve with creamy Greek yoghurt on the side.

The soup can be made in advance and kept safely in the fridge for a few days in an airtight container.

Tbsp - tablespoon

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