



PREP TIME

10 minutes



COOKING TIME

20 minutes



SERVINGS

2 as main course
soup dish

ZUCCHINI SOUP WITH SPICY CHICKPEAS

2 tablespoons olive oil
1 medium yellow onion
2 large zucchinis
water/vegetable soup stock
1 teaspoon garlic powder
1 teaspoon turmeric powder
2 tablespoons chopped parsley
400 g/2 cups chickpeas (canned
or boiled)
2 teaspoons red paprika
1-2 teaspoon cayenne pepper
1 teaspoon chilli flakes
1 teaspoon ground ginger
1 tablespoon fresh lemon juice
salt and ground black pepper
sour cream for garnish

Peel and chop the onion, then dice the zucchinis into cubes. Put the chopped onion and zucchinis into a pot with 1 tablespoon of olive oil and cook on medium heat until the onion turns glassy, stir often. Add water or vegetable stock, garlic and turmeric powder, chopped parsley, salt and ground black pepper and let it simmer for 10-15 minutes until the zucchinis are nice and soft. Use an immersion blender or a potato masher to puree the soup to a thick, smooth consistency.

Meanwhile, roast the chickpeas on 1 tablespoon of olive oil in a pan with the red paprika, cayenne pepper and chilli flakes (adjust to desired spicy level), ground ginger and a bit of salt. Stir often to ensure the chickpeas don't burn and roast them for at least 5 minutes until they turn crispy, then mix in the lemon juice in the end.

Serve the spicy chickpeas on top of the zucchini soup and garnish with sour cream and a bit of olive oil. Enjoy!

