

Spiced pumpkin & chickpea soup

This pumpkin & chickpea soup is more than just cosy, it's loaded with fibre, plant diversity and anti-inflammatory plant compounds to support digestion and satiety. Rich in beta-carotene for skin and immune health, chickpeas for added protein and fibre and warming spices to support digestion.

Serves 4

Prep: 15 min

Cook: 25 min

1 tbs extra virgin olive oil
1 onion, chopped
2 sticks celery, diced
2 carrots, peeled, sliced
2 garlic cloves, crushed
1 tbs finely grated fresh ginger
3 tsp ground spices (I used turmeric, paprika and cumin)
1.25kg pumpkin, peeled, seeded chopped
500ml (2 cups) homemade or salt-reduced vegetable stock
400g can chickpeas rinsed, drained
Lime juice, to taste
Roasted chickpeas and crumbled feta, to serve

1 Heat the oil in a large saucepan over medium heat. Add onion, celery and carrot and cook, stirring, for 5 minutes or until softened. Add garlic, ginger and spices and cook, stirring, for 1 minute or until fragrant.

2 Add pumpkin, stock and 500ml (2 cups) water and bring to the boil. Reduce heat and simmer, partially covered for 15 minutes. Add the chickpeas and simmer for 5-10 minutes or until pumpkin is tender. Set aside to cool slightly.

3 Blend soup in batches, return to a clean saucepan and heat over medium heat. Stir in lime juice to taste. Serve topped with feta, roasted chickpeas and a sprinkle of chives (optional).

Tip: You can purchase roasted chickpeas at the supermarket.