

**Product Spotlight:
Chickpeas**

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Mediterranean Quinoa Soup

with Crispy Chickpeas

Mixed quinoa cooked in a rich and comforting tomato broth with fennel, lemon and garlic; this soup is served with a crispy, spiced chickpea topping and finished with fresh dill for maximum flavour.



30 minutes



4 servings



Plant-Based

9 June 2023

Change the flavour!

Instead of ground coriander, you can use some curry powder or saffron for a different flavour. Dried herbs such as thyme and oregano also work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	29g	63g

FROM YOUR BOX

CARROTS	2
FENNEL	1
GARLIC CLOVES	2
MIXED QUINOA	200g
VEGGIE STOCK PASTE	1 jar
TINNED CHOPPED TOMATOES	400g
TINNED CHICKPEAS	400g
LEMON	1
COCONUT YOGHURT	1 tub
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground coriander, cumin seeds

KEY UTENSILS

large saucepan with lid, frypan

NOTES

Cut fennel in half lengthways and remove the core before slicing. You can slice and add the stems as well as the bulb.

As the quinoa sits it can soak up a lot of the liquid. If you prefer more soup, simply add more water and season to taste.



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1. SAUTÉ THE VEGETABLES

Heat a large saucepan with **olive oil** over medium-high heat. Slice carrots, fennel (see notes) and garlic cloves. Add to pan as you go. Cook for 3–4 minutes or until softened.



2. ADD QUINOA AND SIMMER

Rinse quinoa and add to pan with stock paste, chopped tomatoes, **2 tsp ground coriander**, **1.2L water** and **1/4 cup olive oil**. Simmer semi-covered for 15 minutes. Season with **salt and pepper** to taste.



3. PREPARE THE CHICKPEAS

Drain chickpeas and pat them dry with paper towel. Toss with **2 tsp ground coriander**, **1 tsp cumin seeds**, **olive oil**, **salt and pepper**.



4. COOK THE CHICKPEAS

Heat a frypan over medium-high heat. Add chickpeas and cook for 6–8 minutes, tossing until golden and slightly crispy. Set aside.



5. PREPARE THE TOPPINGS

Zest lemon and set aside. Combine juice from 1/2 lemon (wedge remaining) with coconut yoghurt, **salt and pepper**. Chop dill.



6. FINISH AND SERVE

Divide quinoa soup among bowls (see notes). Swirl in 1–2 tbsp coconut yoghurt. Top with chickpeas, lemon zest and dill. Serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

