



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and a protein, 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



4/6 servings



Plant-Based

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
4/6 Person:	22g	16g	74g

FROM YOUR BOX

	4 PERSON	6 PERSON
CARROTS	2	3
FENNEL	1	1
GARLIC CLOVES	2	3
MIXED QUINOA	200g	200g + 100g
VEGGIE STOCK PASTE	1 jar	2 jars
CHOPPED TOMATOES	400g	2 x 400g
TINNED CHICKPEAS	400g	2 x 400g
LEMON	1	2
COCONUT YOGHURT	1 tub	2 tubs
DILL	1 packet	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.

6P - use **1 1/2 stock paste**, **3 tsp coriander**, **1.8L water** and **1/4 cup olive oil**.



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**.

6P - toss chickpeas with **1 tbsp ground coriander**, **2 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.

6P - pan-fry in 2 batches if needed.



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**.

6P - use **juice from 1 lemon** (wedge remaining).



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**.

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