

Carrot Soup With Baked Chickpeas

Bialik College Kitchen Garden Program

Ingredients:

- 2 tablespoons olive oil
- 2 leeks
- 12 carrots, peeled and sliced
- 1 teaspoon ginger, grated
- 4 cups vegetable stock
- 4 cups water
- 2 cups chickpeas (canned is fine)
- 1-2 tablespoons oil
- ½ teaspoon salt
- ¼ teaspoon cumin

Equipment:

- chopping board
- knife
- metric measuring cups/spoons
- baking tray
- baking paper
- peeler
- grater

Method:

1. Halve leeks lengthways and thinly slice.
2. Peel and chop carrots.
3. Peel and grate ginger.
4. Heat oil in a medium saucepan on medium heat, add leeks, carrots and ginger.
5. Cook for 5 minutes until vegetables have started to soften.
6. Add stock and water, bring to the boil, reduce heat to low and simmer for 20 minutes until carrots are tender.
7. In the meantime, rinse and dry chickpeas on some paper towel. Place in a bowl and mix with oil, salt and cumin.
8. Bake at 200C for 10 - 15 minutes. Remove from oven and set aside.
9. Blend soup until smooth. Season well.
10. Serve into bowls topped with baked chickpeas.