


Sabrina 

Spiced vegetable soup  
with herb oil



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Serves 4 | Vegetarian

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## INGREDIENTS:

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| 160g tinned chickpeas,<br>drained, rinsed                        | 8g garlic, finely chopped                    | chopped                                |
| 90ml olive oil   | 4g ground cumin                              | 6g fresh dill, roughly<br>chopped      |
| 280g butternut squash,<br>peeled, halved, cut into 1.5cm<br>dice | 4g paprika                                   | 6g fresh coriander, roughly<br>chopped |
| 120g onion, peeled, cut into<br>1.5cm dice                       | 1.2g cinnamon                                | ½ lemon, zested, juiced                |
| 220g potatoes, peeled, cut<br>into 1.5cm dice                    | 6g red chillies, deseeded,<br>finely chopped | 70g feta cheese, crumbled              |
| 120g leeks, peeled, washed,<br>cut into 1.5cm dice               | 160g tinned chopped<br>tomatoes              |  |
|  | 2.5g sea salt                                |  |
|  | 2g ground black pepper                       |  |
|  | 140g courgettes, finely diced                |  |
|  | 6g fresh parsley, roughly<br>chopped         |  |

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## METHOD:

1. Take 35g chickpeas, deep fry until crisp, season and reserve for garnish.
2. To make the soup; heat 20ml oil in a saucepan, add the squash, onions, potatoes, leeks and garlic, saute until softened slightly. Add the spices and cook for a couple of minutes. Then add the chilli and chopped tomatoes, finally add 800ml water and season with salt and pepper.
3. Bring to the boil and simmer for 30 minutes or until the vegetables are tender. Remove from the heat and blend the soup to a smooth puree. Once smooth, return to the heat and add the remaining chickpeas. Bring back to a simmer.
4. Saute the courgettes in a pan and add to the soup. Check the seasoning.
5. To make the herb oil; place the fresh herbs in a blender with the remaining oil, lemon zest and juice and a pinch of salt, blend to combine.
6. Pour the soup into a bowl, sprinkle the crumbled feta on top, drizzle with the herb oil and finish with the deep-fried chickpeas.