

Lunch

Moroccan-Style Chickpea Soup with Spicy Pitta Bread Crisps

Lunches are all about good nutrition in a light, easily-prepared meal. This one will be ready in double quick time and the chickpeas will keep hunger at bay.

Ingredients (Serves 1)

Olive oil
½ clove of garlic
¼ raw onion (finely chopped)
Chilli flakes
1.5 sticks of celery (finely chopped)
3 sprigs fresh coriander
70g chickpeas – ready cooked
1.5 tsp cumin
½ vegetable stock cubes – low salt
Juice of ½ lemon
140g chopped tomatoes – tinned
1 wholemeal pitta bread
140ml water

Method

Pre-heat oven to 200C. Cut the pitta bread through the opening lengthways until you have two separate halves. Cut each half into wedges (like nachos). Mix the pitta wedges in a bowl with a little oil, crushed garlic and chilli flakes and place on a baking tray. Bake for 7-8 minutes or until golden brown and remove from oven. Meanwhile for the soup heat a splash of oil in a saucepan and add the celery and onion. Cook on a low heat with the lid on for approx. 10 mins or until soft but not coloured. Add the cumin and cook for another minute. Add the tomatoes (including the juice). Add the drained chickpeas, water and the stock cube and simmer for 5 mins. Add the lemon juice and chopped coriander and check the seasoning. Serve in a bowl with the pitta crisps on the side.

For other deliciously quick, simple and healthy recipes log on to

www.nutritiouslolly.com

Share them with family and friends