

Spicy Chickpea and Egg Soup



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 4 Free Range Australia Eggs
- 1 brown onion, peeled and diced
- 2 tbsp of olive oil
- 1 potato, peeled and diced
- 3 baby carrots, peeled and diced
- Zest of 1 lemon
- 3 tsp of garamassala*
- ½ a tsp of cinnamon
- A pinch of dried chilli flakes**
- ¼ tsp of cayenne pepper**
- 3 tbsp of tomato paste
- 400g can of chickpeas, drained and rinsed
- 100g of thin spaghetti, broken into pieces
- Lemon wedges and fresh parsley, to serve

*Available in the spice section of all supermarkets
**Omit if serving to children or you don't enjoy spicy food

Method

In a large pot, add the onion and olive oil and fry on a medium heat until the onion softens.

Working quickly, add the potato, carrots, lemon zest, garamassala, cinnamon, chilli flakes and cayenne pepper. Stir until fragrant (about a minute). Add the tomato paste and stir through. Pour in 1.5 litres of water and bring to the boil. Simmer on a medium heat for 5-10 minutes, or until the potatoes start to become tender.

Add the chickpeas and spaghetti and cook until the spaghetti is al dente (7-8 minutes, or as per packet instructions). Season (I add a generous pinch of salt), and serve in large bowls.

Break one egg into each of the bowls immediately on serving (the soup must be piping hot). Stir the egg around with a fork for a minute and then allow to cook. Once you can see the egg forming in small pieces in the soup and the broth becoming creamy, it's ready to eat!

Serve with a generous squeeze of lemon and plenty of fresh parsley.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
290g	1700kJ 406kcal	18.2g	16.4g	3.1g	41.5g	5.9g	449mg	10.1g

All nutrition values are per serve.

