

## **Chard, chickpea and ginger soup**

Serves 5-6, takes 30 minutes

What to do with chard? This. A simple and subtly spiced soup that you can dress up with a fresh coriander and pistachio pesto.

- \* *Olive oil - a few glugs*
- \* *Onion - 1 large, peeled and diced*
- \* *Carrot - 2, diced*
- \* *Garlic - 3 cloves, peeled and sliced*
- \* *Ginger - 3 thumb sized pieces, peeled and finely diced*
- \* *Ras el hanout - 2 tsp*
- \* *Cinnamon - 1 tsp*
- \* *Paprika - 1 tsp*
- \* *Parsley - a small bunch, chopped*
- \* *Chard - 1*
- \* *Vegetable stock - 1.2 L*
- \* *Salt - 2 tsps (if using unsalted stock)*
- \* *Chickpeas - 1 x 560g can*
- \* *Rose water - 1 tsp*

Preheat the oven to 220 degrees C.

In a large pan, fry the onion, carrot, garlic, ginger, 1 tsp of ras el hanout and the other spices over a medium heat. Add a splash of water to stop things from sticking. Chop up the parsley and add the chopped lower stalks to the pan, saving the tops and leaves for later. Cover and leave the onions to soften.

Lay half of the chickpeas out on a roasting tray. Sprinkle 1 tsp of ras el hanout over the top, season with salt and pepper and add a drizzle of olive oil. Roast in the oven for 15 minutes, or until the chickpeas are starting to brown.

Meanwhile prepare the chard. Break off each leaf and wash. Then separate the dark green leafy parts from the white stalks. Roughly chop the leaves and set them aside in a colander.

Roughly chop the white stalks and add to the pan once the onions are soft. Stir through the onions and spices to coat the chard, then add your stock. Bring to a simmer, add the rose water and the salt (if your stock is unsalted) and cover the pan. Leave for 10 minutes.

Pour a kettle of boiling water over the colander of chard leaves (in the sink!). Add the wilted leaves to the soup along with the remaining unroasted chickpeas and the parsley.

Use a hand blender to blend into a smooth soup. It's fine to have little flecks of chard leaves. Check for seasoning.

Serve the soup with a handful of chickpeas scattered over the top and a spoonful of coriander and pistachio pesto.

## **Pistachio and coriander pesto**

Makes a bowl, takes 10 minutes

- \* *Pistachio nuts - 125g, shelled*
- \* *Fresh coriander - a decent handful*
- \* *Fresh parsley - a small handful*
- \* *Salt - 1/2 tsp*
- \* *Lemon - juice of 1*
- \* *Garlic - 1 clove, peeled*
- \* *Olive oil - about 150ml*

Place all the ingredients except the olive oil in a blender and blend until you have a smooth paste. Slowly drizzle in olive oil with the mixer running (you don't really need to measure here) until you have a thick pesto consistency. Check for seasoning and add extra lemon or salt if you think it needs it.