Chickpea noodle soup

Preparation time

15 minutes

Cooking time

20 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

1 medium onion

2 medium carrots

3 stalks celery

1 tbsp olive oil

2 cloves garlic

1 tsp dried oregano

1 tsp dried thyme

1/2 tsp dried rosemary

1 tsp black pepper

5 cups water

200g spaghetti of your choice

1 can chickpeas

3/4 cup corn kernels

2 tbsp chopped fresh parsley

1. Dice the onion. Thinly slice the carrots and celery.
2. Heat the olive oil in a heavy-based saucepan over low heat. Add the onion, carrot and celery and saute until softened, about 3 minutes.
3. Crush the garlic and add to the saucepan along with the dried herbs and pepper.
4. Add the water and spaghetti. Bring the pot to a simmer and cook for until the spaghetti is al dente (check the back of the packet).
5. Once the spaghetti is cooked add the chickpeas and corn kernels and cook for another minute.
6. Serve the soup topped with fresh parsley.

Nutritional information is provided per serve

Engery	1595kJ (381 calories)
Protein	15g
Saturated Fat	1g
Total Fat	4g
Carbohydrates	60g
Sugars	10g
Dietary Fibre	16g
Sodium	335mg