

CHICKPEA & CHORIZO SOUP

Time: 20 minutes

Serves: 4

Ingredients:

300g fresh chorizo
950ml chicken stock
540ml can chickpeas - rinsed and drained
5g salt
10g cilantro - finely chopped

Preparation:

Place a pot on medium heat and add the chorizo. Cook, breaking apart until browned.

Add the remaining ingredients except the cilantro. Turn heat to high and bring to a boil. Reduce to simmer for ten minutes.

Remove from heat and stir in the cilantro.

Serve immediately.

Nutritional Information Per Serving:

Calories: 418
Fat: 21g
Carbs: 34g
Fibre: 9g
Protein: 24g