

MARLEY SPOON



## Pumpkin and Chickpea Soup

with Golden Onions and Pita



20-30min



2 Portions



## What we send

- Japanese pumpkin
- basmati rice
- baby spinach leaves
- Greek-style yoghurt <sup>7</sup>
- onion
- vegetable stock cube
- chickpeas
- pita bread <sup>1,6</sup>
- cumin seeds
- coriander, garlic

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- foil
- large saucepan with lid
- medium frypan
- oven tray
- potato masher

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 925kcal, Fat 27.6g, Carbs 122.3g, Proteins 30.7g



**1. Cook onion**

Finely chop **1 onion**. Crush or finely chop the **garlic**. Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **chopped onion** and **garlic**, stirring occasionally, for 7-8 mins until soft.



**2. Prepare ingredients**

Meanwhile, peel and cut the **pumpkin** into 2cm chunks. Rinse and drain the **chickpeas**. Add **half the rice** and **1 tsp cumin seeds** (the remaining rice and cumin seeds won't be used in this dish) to the pan. Cook, stirring, for 1-2 mins until fragrant.



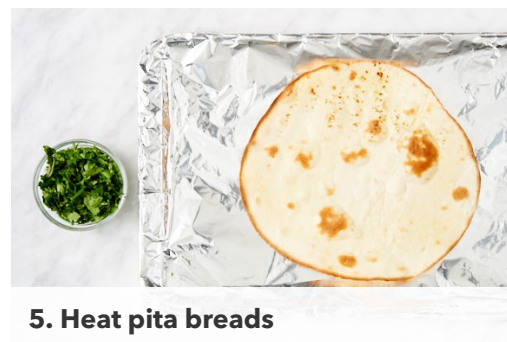
**3. Cook soup**

Add the **pumpkin, chickpeas** and **1L (4 cups) water** to the pan. Crumble in the **stock cubes**, stir to dissolve, then bring to a simmer. Reduce the heat to medium-low and cook, covered, for 15 mins or until the rice and pumpkin are tender. Heat the oven grill to high. Line an oven tray with foil.



**4. Cook onions**

While the soup cooks, peel and very thinly slice the **remaining onion**. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the onions, stirring often, for 8-10 mins until deep golden.



**5. Heat pita breads**

Finely chop the **coriander** leaves, discarding the stems. Put **2 pita breads** on an oven tray (the remaining pita breads won't be used in this dish). Grill for 1-2 mins each side until warmed through.



**6. Get ready to serve**

Using a potato masher, lightly mash the **pumpkin** and **chickpeas** in the **soup** to break up slightly. Add the **spinach** and stir to wilt. Taste, and season with **salt and pepper**. Divide the **soup** and **yoghurt** among large bowls. Scatter over the **golden onions** and **coriander**. Serve with **pita breads**.