



Carrot Soup with Kale and Roasted Chickpeas

Ingredients:

9 medium carrots	1 tin of chickpeas
1 bag of kale	Vegetable stock cube
Pinch of salt and pepper	Rapeseed oil

Additional options

Chopped onion, red pepper, parsnips and thyme

Method

- Drain the chickpeas and rinse with cold water
- Place chickpeas on a tray with sliced red pepper and pop in the oven at 200°C for 20 minutes.
- Dice carrots and onion. Finely slice kale into thin strips.
- Heat a large pan and add oil. Once the oil is heated, add the carrots, kale and onions. Stir until softened and then add vegetable stock, thyme, salt and pepper.
- Remove the chickpeas from the oven and add to the pot. Simmer for 10 minutes and then turn off the heat.
- Once cool, blend and serve.



Chefs Tips

Always wash your hands before you start to cook

Wash vegetables and herbs before cooking

Ask an adult to help with the cooker and knives

Clean up when you have finished

Smile and enjoy cooking!