

Spicy Potato, Carrot, Leek & Chickpea Soup

This is a delicious, warming and healthy soup. So easy to make and such a hearty soup.

Ingredients

1 leek, roughly chopped
2 tbsp olive oil
1 tbsp salted butter
700g potatoes, peeled and roughly chopped
1 carrot, roughly chopped
400g tin chickpeas, drained and rinsed
1 tsp salt

Method

Add oil and butter to a hot pan.
Once melted, add the leeks and cook for 4-5 minutes until it starts to colour.
Add the potatoes and carrots and stir well.
Cook on high heat for 2-3 minutes until it starts to colour.
Add 800-900ml of boiling water and stir through.
Add chickpeas to the mixture and mix well.
Cover and cook for 40 minutes.
Leave off the heat for 5 minutes.
Using a hand blender, blitz to your preferred texture – it doesn't have to be a smooth soup.
Add salt to season the soup and stir through.
Serve in a bowl with a drizzle of chilli oil to give it a kick.