

# PEA SOUP WITH CHORIZO AND CHICKPEAS

4 persons / 592 kcal per person

## Ingredients:

- 300 grams of dried split peas
- 2 liters of water
- 2 chicken stock cubes
- 2 bay leaves
- 250 grams of carrot
- 2 medium onions
- 2 cloves of garlic
- 125 grams of chorizo sausage
- 400 grams of canned chickpeas
- 15 grams of fresh flat parsley
- 250 grams of fine frozen garden peas



## Preparation:

Place the split peas in a colander and rinse under cold running water. Put together with the water, stock cubes and bay leaves in a stockpot and bring to the boil. Cook on low heat for 40 minutes. Stir occasionally. In the meantime, peel and cut the carrot into thin slices. Chop the onions and finely chop the garlic. Cut the chorizo into thin slices. Place the chickpeas in a colander and rinse under cold running water. Drain well. Finely chop the parsley. Add the carrot, onion and garlic to the soup and simmer for another 20 minutes. Stir frequently. Meanwhile, heat a frying pan without oil or butter and fry the chorizo for 10 minutes on medium heat until golden brown and crispy. Remove with a slotted spoon and drain on kitchen paper. Save the shortening. Remove the bay leaves from the soup and add the chorizo shortening. Puree with the hand blender to a smooth soup. Add the chickpeas, garden peas and parsley and heat for another 5 minutes on low heat. Spoon the soup into deep bowls and divide the chorizo over it.

## Nutritional value per person:

Energy:	592 kcal
Protein:	32.8 grams
Carbohydrates:	66.7 grams
- including sugars:	10.8 grams
Fat:	18.0 grams
Fiber:	15.5 grams
Salt:	3.9 grams