



# SPICY BUTTERNUT SQUASH & CHICKPEA SOUP

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 1 small butternut squash, peeled and cubed
- 1 large red onion, sliced
- 1 romano pepper, chopped
- 1 jar chickpeas (450g drained weight) \*
- 1 can finely chopped tomatoes
- 3 garlic cloves, chopped
- 500ml vegetable or chicken stock
- 2 teaspoon Ras el Hanout spice
- 3 tablespoon olive oil
- A little live yoghurt and parsley to serve
- \*we particularly like the brands Bold Beans and Brindisa

## COOK TIME

- 30 minutes

## METHOD

- We are using our Ninja Foodi for this recipe. See below to cook without a pressure cooker. It will still be delicious, but will take a little longer to cook.
- On the SEAR/SAUTE setting, add the chopped onion, peppers and garlic and saute for 5 mins.
- Add everything and mix well.
- Switch to PRESSURE setting.
- Set pressure to HIGH for 10mins and natural release for 10mins.
- Transfer to a large bowl or pan and whizz until smooth.
- We used a hand blender but you could use a blender.
- Blend to desired consistency.
- Serve with a swirl of live yoghurt or cream, a sprinkle of seeds and fresh parsley.
- To make without using a pressure cooking, sauté the ingredients in a normal pan and then bring to the boil and simmer until the butternut squash is cooked. Then blend as above.

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