

Fennel, leek & chickpea soup



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Preparation: about 20 minutes
Cooking: about 40 minutes
Serves: 4

¼ cup olive oil
2 leeks, trimmed, halved lengthways and sliced
3 garlic cloves, finely chopped
2 fennel bulbs (about 350g each), trimmed, halved and diced
1 medium potato, peeled and diced
400g can chickpeas, drained and rinsed
4 ½ cups chicken stock
Salt and ground black pepper
Grated parmesan cheese, to serve

1. Heat oil in a large saucepan over medium heat. Add leeks and garlic and cook, stirring often, for 5 minutes. Add fennel and potato and cook, stirring often, for 5 minutes.
2. Add chickpeas and stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 20-25 minutes until vegetables are just tender.
3. Transfer half the soup to a bowl. Using a blender or food processor, blend the remaining soup until smooth. Add reserved unblended soup to the blended mixture. Season with salt and pepper to taste. Ladle into bowls. Top with chopped fennel fronds if liked and serve with grated parmesan.



Fennel

- A good source of dietary fibre, which helps the intestine function well and also vitamin C, a vitamin needed to defend the body against infection.
- Has virtually no fat and few kilojoules so is a great food for those trying to control weight.
- A source of vitamin C and potassium.