

# Moroccan roasted kumara & chickpea soup



## Moroccan roasted kumara & chickpea soup

**Preparation:** about 20 minutes  
**Cooking:** about 45 minutes  
**Serves:** 6

750g kumara (orange sweet potato),  
peeled and chopped into 4-5cm pieces  
2 red onions, roughly chopped  
3 garlic cloves, finely chopped  
2 tbs olive oil  
1 tsp ground cumin  
1 tsp ground coriander  
400g can diced tomatoes  
6 cups chicken stock  
400g can chickpeas, drained and rinsed  
½ cup coriander leaves, chopped + extra  
leaves to serve  
Salt and ground black pepper  
Greek style natural yoghurt, to serve



### Kumara

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes
- Like other orange coloured vegetables, kumara is rich in a range of carotenoids, especially beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.

1. Preheat oven to 200°C/180°C fan-forced. Line a large roasting pan with baking paper. Place kumara, onions and garlic in pan. In a small bowl, combine oil, cumin and ground coriander. Drizzle mixture over vegetables and toss to coat in oil mixture. Roast, tossing once, for 30-35 minutes until tender.
2. Place contents of the roasting pan into a large saucepan. Add tomatoes, stock and chickpeas. Cover and bring to the boil. Remove from heat.
3. Puree soup until smooth. Heat soup over medium heat until hot. Stir in coriander. Season with salt and pepper to taste. Ladle into serving bowls and serve topped with yoghurt and coriander leaves.