



Chicken and chickpea soup

10'
Hands on

65'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 250 g chickpeas
- 2-3 tablespoon(s) sunflower oil
- 30 g ginger, fresh
- 2 clove(s) of garlic
- 300 g spinach
- 1 tablespoon(s) curry
- salt
- pepper
- 400 g chicken breast fillet, roasted
- 1 liter water
- 1 chicken bouillon cube
- lemon juice, of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

313 Calories (kcal)	9.8 Total Fat (g)	1.2 Saturated Fat (g)	20.7 Total Carbs (g)
16%	14%	6%	8%
2.0 Sugars (g)	31.9 Protein (g)	6.7 Fibre (g)	0.82 Sodium (g)
2%	64%	27%	14%

Method

- Soak the chickpeas in water for 8-10 hours. Drain
- Place a pot full of water over medium to high heat. Add the chickpeas and boil for 40-50 minutes, until they soften.
- When ready, drain and set aside.
- Place a [pot](#) over medium to high heat.
- Add the sunflower oil, thinly sliced ginger and minced garlic.
- Cook for 2-3 minutes, until the ginger and garlic soften. Mix with a wooden spoon.
- Add the spinach, curry, salt and pepper. Cook for another 2-3 minutes.
- Cut the [chicken](#) into strips and add to the pot.
- Add the water, bouillon cube and chickpeas.
- Boil for 10-15 minutes.
- When ready, serve with lemon juice.