

1 hour

Serves 6-8

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Ingredients:

Soup:

- 3 large carrots, unpeeled and roughly chopped
- 8 parsnips, unpeeled and roughly chopped
- 1 apple, unpeeled, cored and cubed
- Olive oil, for roasting
- Salt and milled pepper
- 1 Tbsp (15ml) honey
- 2 onions, chopped
- 2 cloves garlic, grated
- 2 tsp (10ml) ground cumin
- 1 tsp (5ml) turmeric
- 5 sage leaves + extra deep-fried leaves for serving
- 4-6 cups (1L-1.5L) vegetable stock
- ½ tin (200ml) coconut milk or plain yoghurt
- Toasted garlic bread, for serving

Chickpeas:

- 1 can (400g) chickpeas, rinsed and patted dry
- 3 Tbsp (45ml) dukkha
- Salt and milled pepper

Method

1. Toss carrots, parsnips and apple in oil on a baking tray and season.
2. Roast at 200°C for 15-20 minutes, tossing after 10 minutes.
3. Spread chickpeas on a baking tray, toss in oil and roast at 200°C for 15 minutes until

crispy.

4. Mix through dukkha, season and roast for 10 minutes. Set aside.
5. Sauté onion in a large pot on medium heat until translucent, about 5-8 minutes.
6. Add garlic, spices and sage, and cook for another 3-5 minutes.
7. Tip in roasted vegetables and cover with stock.
8. Simmer for 20 minutes.
9. Add coconut milk to soup and blend with a stick blender. Season.
10. Serve topped with chickpeas and fried sage leaves, with bread on the side.

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