

# JERUSALEM ARTICHOKE, PEAR AND CHICKPEA SOUP

SERVINGS: 4-6

PREP TIME: 20 MIN

COOKING TIME: 50 MIN



For many, Jerusalem artichoke is associated with school lunches as it was used as an inexpensive and filling ingredient to bulk-up soups. However, if you dare to give this amazing root veg another chance, you will soon benefit from all it's got to offer – including slow-released carbohydrates and plenty of soluble fibre, prebiotics, that feed the 'good' gut bacteria. With addition of chickpeas, this could become your go-to soup to take for lunch in a flask.

## INGREDIENTS:

- 1.2l filtered water + approx. 300ml extra to dilute
- 0.5kg Jerusalem artichoke
- 2 leeks
- 1 pear
- 1 can chickpeas
- juice of ½ lemon
- 2 garlic cloves
- 1½ Tbsp ghee, butter or coconut oil

## SPICES\*:

Sea salt, 1 tsp black pepper, ½ tsp turmeric

1. Preheat the oven to 150°C and line a baking tray with some baking paper.
2. Wash and peel artichokes, wash leeks and pear. Bring the water to boil in a saucepan (B). Cut the artichoke into smaller chunks (SW) and add to water.
3. Trim the leeks by removing the outer leaves and cut the harder green tops. Cut into smaller chunks reserving approx. 5cm of each white end/core for garnish and add to the soup together with peeled and chopped garlic cloves (P).
4. Rinse chickpeas under running water, add to the saucepan, bring to boil, reduce the heat and cover with a lid. Simmer for approx. 40min.

## Common allergens:

- Butter

## Equipment used:

- Baking tray
- Medium saucepan or pot with a lid
- Blender

## Optional additions:

- Skip the pear if avoiding fruit.
- For healthier version, use raw chickpeas soaked overnight.
- If pressed for time, don't worry about the garnish. You can serve it plain, with some croutons or a dash of single cream.

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6. In the meantime, cut the top of pear (SW) into approx. 15 very thin slices (rings) and place in the oven. Place on the baking tray and bake in the oven for approx. 10min, flip over and repeat to produce pear crisps. Turn the oven off and allow the crisps to cool. Cut the remaining pear into chunks and keep to a side.
7. Slice the remaining leeks into rings and pan-fry with a ½ tsp of melted butter. Season with a pinch of salt and put to a side.
8. Return to the soup. Add lemon juice (SO) making sure pips stay in your hand as they would make the soup bitter. Add turmeric (B) and, remaining butter and pear (SW) and cook for further 10min. Season with black pepper (P) and sea salt (SA). Take off the heat and blend to smooth. Add more cold water to your liking (SA).
9. Serve hot, garnished with sautéed leeks and pear crisps.

