



## Chickpeas and Spinach Soup ( H )

Serving: 1

Veg

### *Ingredients*

- -1/2 cups shredded spinach (palak) or any green leafy vegetable your choice
- - 10-15 soaked and boiled kabuli chana
- -1 tsp olive oil
- -1 tsp finely chopped garlic (lehsun)
- -1/2 tsp finely chopped green chillies
- -2 tbsp finely chopped spring onions whites
- -1 1/2 cups basic vegetable stock
- -salt and to taste
- -1 tbsp lemon juice

### *Preparation Method*

- Heat the olive oil in a deep non-stick kadhai, add the garlic, green chillies and spring onion whites
- And sauté on a medium flame for a minute.
- Add the spinach and kabuli chana and sauté on a medium flame for another 2 minutes.
- Add the basic vegetable stock, salt, pepper, oregano and lemon juice, mix well and bring to a Boil.
- Serve immediately.