

Carrot and sun-dried tomato soup with tahini and harissa chickpeas

By © Hetty McKinnon for To Vegetables, With Love

Serves 4

extra-virgin olive oil
2 brown (yellow) onions, peeled and roughly chopped
3 garlic cloves, peeled and roughly chopped
450g (1 pound) carrots, washed, trimmed and chopped into 2.5cm / 1-inch pieces
3 teaspoons harissa paste
130g (about ½ cup) oil-marinated sundried tomatoes, drained and roughly chopped (reserve oil for below)
1 teaspoon sea salt
1.25 litres (5 1/3 cups) vegetable stock
60g (1/4 cup) tahini paste, plus more to serve
handful of dill leaves

Harissa chickpeas

2 tablespoons extra-virgin olive oil (or oil from the marinated sun-dried tomatoes)
1 can chickpeas, drained (about 250g cooked chickpeas)
2 teaspoons harissa paste
½ teaspoon sea salt
freshly ground black pepper

Heat a large pot on medium high. Add 2 tablespoons of olive oil, along with the onions and stir. Reduce the heat to medium and cook for 8 to 10 minutes until the onions are very soft.

With the heat still on medium, add the garlic and carrots and stir for 2 to 3 minutes to allow the carrots to soften slightly. Next, add the harissa paste, sun-dried tomatoes, salt and stir for another 2-3 minutes. Pour in the vegetable stock, cover, and cook for 25 to 30 minutes until the carrots are completely tender.

Meanwhile, place a medium frying pan (skillet) on medium high. Add the olive oil, chickpeas, harissa, and salt and season generously with black pepper. Cook for 8 to 10 minutes, stirring and shaking the pan every 2 minutes or so, until the chickpeas are golden and bursting.

When the carrots are ready remove from the heat, and using a hand-held blender, puree until smooth (you could also do this in a blender or food processor). Stir in the tahini.

To serve, ladle the soup into bowls, and top with the crispy chickpeas. Drizzle over some more tahini, scatter with dill and serve immediately.