



READY TO COOK
BY HARRIS FARM

CARROT SOUP WITH ROASTED CHICKPEAS AND HALLOUMI CHEESE



PREP
15 min



COOK
40 min



SERVES
4

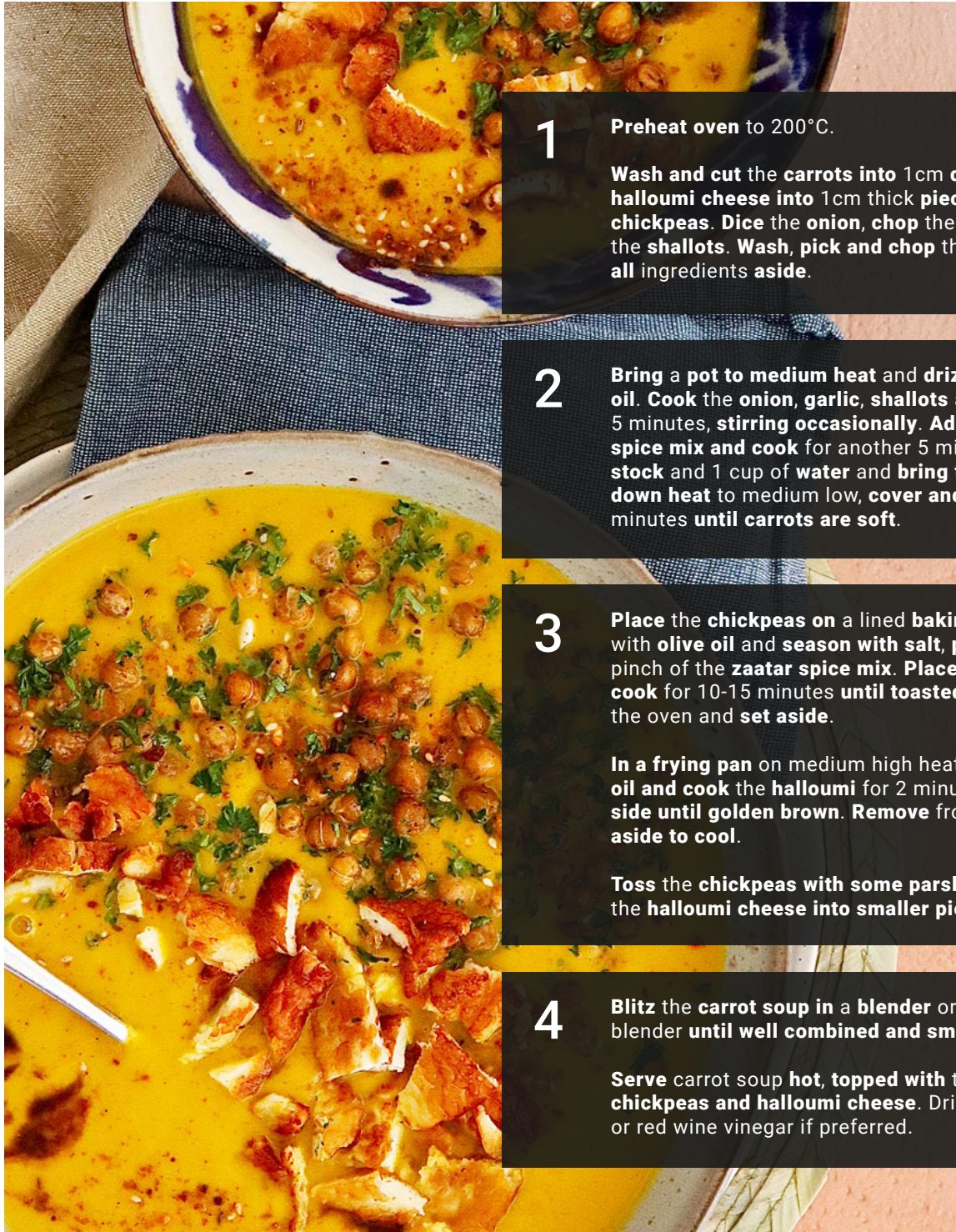
INGREDIENTS:

- > 1Kg Carrots
- > 1 Brown Onion
- > 3 Garlic Cloves
- > ½ Shallots Bunch
- > 1 Tbsp Zaatar Spice
- > 700ml Vegetable Stock
- > 400g Chickpeas
- > ½ Parsley Bunch
- > 225g Halloumi Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Red Wine Vinegar or Sherry Vinegar

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Wash and cut the carrots into 1cm disks. Slice the halloumi cheese into 1cm thick pieces. Drain the chickpeas. Dice the onion, chop the garlic and slice the shallots. Wash, pick and chop the parsley. Set all ingredients aside.

2

Bring a pot to medium heat and drizzle with olive oil. Cook the onion, garlic, shallots and carrots for 5 minutes, stirring occasionally. Add the zaatar spice mix and cook for another 5 minutes. Add the stock and 1 cup of water and bring to a boil. Turn down heat to medium low, cover and simmer for 25 minutes until carrots are soft.

3

Place the chickpeas on a lined baking tray. Drizzle with olive oil and season with salt, pepper and a pinch of the zaatar spice mix. Place in the oven, cook for 10-15 minutes until toasted. Remove from the oven and set aside.

In a frying pan on medium high heat, drizzle olive oil and cook the halloumi for 2 minutes on each side until golden brown. Remove from pan and set aside to cool.

Toss the chickpeas with some parsley. Then tear the halloumi cheese into smaller pieces. Set aside.

4

Blitz the carrot soup in a blender or with a stick blender until well combined and smooth.

Serve carrot soup hot, topped with toasted chickpeas and halloumi cheese. Drizzle with sherry or red wine vinegar if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Zaatar spice mix on any proteins or vegetables for roasting
- Serve with some yoghurt if preferred.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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