



Tomato soup with baked chickpeas

and dried-tomato croûtons



ca. 30min



2 Portionen

Was du von uns bekommst

- 10g Basilikum
- 1 Pck. getrocknete Tomaten
- 1 Baguettebrötchen ¹
- 1 Dose Bio-Kichererbsen
- 1 Stange Lauch
- 2 Tomaten
- 200g passierte Tomaten
- 200ml Kochsahne ²

Was du zu Hause benötigst

- 1EL Weizenmehl ¹
- 1¼g Salz
- 37½ml Olivenöl
- 7½ml Balsamicoessig ³

Küchenutensilien

- Backofen
- Backblech und Backpapier
- mittelgroßer Topf
- Stabmixer mit hohem Gefäß
- Messbecher
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Enthält: **Gluten** (1), **Milch** (2), **Schwefeldioxid und Sulphite** (3).

Kann Spuren enthalten von: Sesamsamen, Schalenfrüchte

Nährwertangaben pro Portion

Energie 0kcal



1. Make the tomato paste

Preheat the oven to 200°C (180°C fan). Pluck the basil leaves off the stalks. Add all the stalks and ½ of the basil leaves to a tall container. Add ½ of the dried tomatoes, 1Tbsp olive oil and 2Tbsp water. Blend with a stick blender until a paste forms.



2. Bake the toppings

Cut the bread into bite-sized pieces. Drain the chickpeas in a sieve. Toss the bread and the chickpeas on a lined baking tray with the dried tomato paste. Drizzle with 1Tbsp olive oil and sprinkle with some salt. Bake for 12-14min. until golden and crisp, mixing halfway through baking.



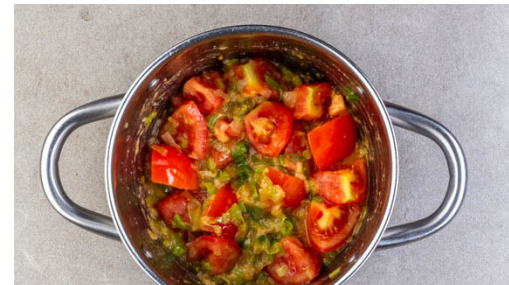
3. Cut the vegetables

Cut the tomatoes into large chunks. Slice the leek into thin rounds.



4. Sauté the leek

Heat up a medium pot on medium-high heat. Add ½Tbsp olive oil and the leek to the pot and sauté for 4-5min. until softened.



5. Add the tomatoes

Stir 1Tbsp of flour into the leek, then deglaze with ½Tbsp of balsamic vinegar. Add the tomato chunks to the pot and sauté everything together for 1min. Season with a large pinch of salt.



6. Finish the soup

Add the passata and 50ml water to the pot. Turn the heat to medium and let the soup simmer for ca. 5min. Then add the cooking cream and let simmer for ca. 1min. Blend the soup to the desired creaminess. Adjust the consistency with water and season with salt to taste. Serve the soup garnished with the remaining basil leaves, the chickpeas and the croutons.