



Lemon coriander & chickpea soup



You will need:

- 1 tablespoon oil
- 1 medium onion, finely chopped
- 1 tablespoon finely grated fresh ginger
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 4 cups liquid chicken stock
- 400g can Edgell Chick Peas, undrained
- 420g Edgell Corn Kernels, undrained
- 2 teaspoons grated lemon rind
- 2 tablespoons chopped fresh coriander

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Heat oil in a large pan, add onion, ginger, coriander, turmeric and cumin; cook stirring for about 3 minutes or until onion is tender.

Add stock, Edgell Chick Peas, and Edgell Corn Kernels. Simmer covered for 5 minutes.

Just before serving, stir in lemon rind and coriander.

Serves 4

Tip: 2 cups cooked shredded chicken can be added with the stock



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