Moroccan Spiced Pumpkin and Carrot Soup

**Ingredients**

- 1 can of chickpeas 400g
- ¼ large pumpkin
- 1 onion diced
- 1 garlic clove
- 1 tbls oil
- 2 carrots
- 1 tsp cumin
- 1 tsp ground coriander
- 1L vegetable stock
- ½ tsp cinnamon

**Equipment**

- Knife
- Chopping board
- Large pot
- Sieve
- Stick blender
- Ladle

**METHOD**

1. Finely chop onion and garlic.

2. Peel and cut pumpkin and carrot into chunks.

3. Heat oil in a large pot and add garlic and onion, sauté for 3 minutes.

4. Add pumpkin, carrot to pot with vegetable stock. Bring to the boil.

5. Rinse chickpeas in sieve and place in pot, turn down heat. Place a lid on pot. Cook until pumpkin is tender.

6. Add cumin, cinnamon and ground coriander to pot and season soup.

7. Puree until thick with stick blender. Serve