

SOUP AND SANDWICH LUNCH

INGREDIENTS

- 1 medium yellow onion, chopped (about 1 cup)
- 1 celery rib, chopped (about 3/4 cup)
- 1 carrot, chopped (about 3/4 cup)
- 2 tablespoons unsalted butter
- 1 butternut squash, peeled and chopped. Roast in the oven with little oil for 20 to 25 mins until edges are browned. (You can omit the roasting if you like)
- 1 large tart green apple chopped(squash to apple ratio should be 3:1)
- 3 cups chicken stock or broth (or vegetable broth)
- 1 cup water
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper
- **For the garnish (optional):**
- Chives, chopped
- Dash of smoked paprika
- Sour cream
- Roasted pumpkin seeds
- Bread or lettuce

Optional topping: For the parsley purée

- 1 bunch flatleaf parsley, roughly chopped
- 1 clove garlic, crushed
- 30g/1oz parmesan, finely grated/nutritional yeast for dairy free
- 100ml/3½fl oz extra virgin olive oil
- Lemon juice, to taste
- For the parsley purée, place the chopped parsley into a food processor with the garlic and parmesan. Process until smooth. With the motor still running, slowly add the olive oil. Season with salt and pepper.

INGREDIENTS FOR SANDWICH

- 1 15-oz can Chickpeas drained and lightly chopped
- 1 Avocado loosely chopped
- 1 tsp Dijon Mustard

- 1/4 tsp Kosher Salt
- 1/8 tsp Black Pepper
- 1/2 cup Frozen Peas cooked in the microwave for couple mins.

DIRECTIONS

1. Sauté onion, carrot, celery in butter:

Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.

2. Cook the soup:

Add the butternut squash, apple, broth, and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

3. Purée the soup:

Use an immersion blender to purée the soup, or work in batches and purée the soup in a stand blender.

4. Add seasonings:

Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste.

Garnish with chopped fresh parsley or chives and, if you want, a dollop of sour cream.

5. ONTO THE SANDWICH

Combine CHICKPEAS (garbanzo beans), AVOCADO, DIJON, SALT, and PEPPER in a medium-sized bowl.

Gently smash with a potato masher to desired consistency

Fold in PEAS

Serve on a bread toast.

