



**VEGETARIAN
EXPRESS**



Moroccan Noodle Soup

Ingredients

- 400g Bold Bean Queen chickpeas
- 200g ramen noodles
- 100g green shakshuka
- 30g tahini
- 10g pumpkin seeds
- 200g red peppers
- 10g coriander

Green shakshuka may contain traces of Tree Nuts

Method | SERVES 4

- Dice and sweat the red peppers in a little oil for ten minutes.
- Add the green shakshuka and 1 litre of water and bring to the boil.
- Drain and rinse the chickpeas then add along with the noodles.
- Bring back to the boil and whisk in tahini.
- Check seasoning and add salt or a squeeze of lemon.
- Serve and finish with toasted pumpkin seeds and chopped coriander.

Typical Nutritional Values

	per 100g	serving 432g
Energy	309kJ 74kcal	1337kJ 319kcal
Fat	3.4g	14.7g
of which Saturated	0.4g	1.7g
Carbohydrate	8.1g	35.0g
of which Sugars	1.0g	4.3g
Fibre	1.8g	7.8g
Protein	2.7g	11.7g
Salt	0.37g	1.60g

Suitable for: Vegan, Dairy free

Allergens: Sesame Seeds,
Cereal Gluten, Soya

Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment