NORTH AFRICAN · LUNCH · DINNER

Lablabi (Tunisian Spiced Chickpea and Bread Soup)

50 min · Serves 6 · 490 kcal a serve · Video 6:43 · Ottolenghi

No dairy listed · No nuts listed

Chickpeas and a poached egg give each serve about 19 g of protein and 8 g of fibre, warmed with cumin, coriander and harissa, and finished with olive oil rather than butter or cream.

Diet notes: Vegetarian with a swap for the chicken stock; Low saturated fat (4 g, 7% of the energy).

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Ingredients 21 · SERVES 6

- [ ] 1 × 1½ lb jar **chickpeas** (about 15 oz drained), with their liquid
- [ ] 2 quarts **chicken stock** (or vegetable stock)
- [ ] 3 **medium-heat dried red chillies**
- [ ] 1 **cinnamon** stick
- [ ] 6 **garlic** cloves, crushed
- [ ] 1 tbsp **cumin seeds**, toasted and crushed
- [ ] 1 tbsp **coriander seeds**, toasted and crushed
- [ ] 1 tbsp **tomato paste**
- [ ] 2 tbsp **rose harissa** (or ordinary harissa)
- [ ] 3 tbsp **olive oil**, for the soup
- [ ] 2¼ tsp **salt**
- [ ] a generous **grind of black pepper**
- [ ] 2 tbsp **lemon juice**
- [ ] 4 tbsp chopped **coriander leaves**, plus extra to garnish
- [ ] 4 tbsp chopped **parsley leaves**
- [ ] **White bread**: 11 oz stale baguette or other crusty bread, torn into ½ inch pieces
- [ ] 6 **eggs**, poached
- [ ] 3 tbsp **capers**, drained
- [ ] 2 oz **crisp fried onions**, to serve
- [ ] 3 tbsp **olive oil**, to drizzle over the bowls
- [ ] **lemon wedges**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Tip the chickpeas and their liquid into a large pan with the stock, cinnamon stick and dried chillies. Bring to a boil, then simmer for 10–15 minutes. 0:29
2. Add the garlic, crushed cumin and coriander seeds, tomato paste, harissa, 3 tbsp olive oil, the salt and plenty of black pepper. Simmer for 10 minutes. 1:18
3. Take off the heat and stir in the lemon juice and most of the chopped coriander and parsley. 4:02
4. Poach the eggs. Divide the torn bread between six shallow bowls and ladle the soup over it. 5:04
5. Top each bowl with capers, the remaining coriander, a poached egg and the crisp onions, then drizzle with the remaining 3 tbsp olive oil. Serve with lemon wedges and extra harissa if you like. 5:19

> **Tip** For dried chickpeas, soak 14 oz overnight with bicarb and simmer 35–45 minutes. It is quite salty as written; unsalted stock or less salt cuts the sodium. Tuna, olives or preserved lemon are classic toppings.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
490 kcal	20 g	54 g
2,050 kJ	39% of a day	46 g net · 8.1 g sugars
		20% of a day

FIBRE	FAT	SODIUM
8.2 g	23 g	2,340 mg
29% of a day	4 g saturated	102% of a day
	29% of a day	

Energy from net carbs 39% · protein 17% · fat 44%

High in (20%+ of a day) Selenium 59% · Vitamin K 57% · Folate 43% · Iron 29% · Vitamin B12 23% · Vitamin E 22% · Zinc 21%

Source of (10–19%) Magnesium 18% · Vitamin B6 17% · Vitamin C 14% · Vitamin A 13% · Potassium 12% · Omega-3 12% · Calcium 11%

⚠ One serve has about 102% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Ottolenghi (@Ottolenghi) on YouTube — youtube.com/watch?v=E3EUZSvreEM, published 1 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lablabi-tunisian-chickpea-bread-soup