



IMMANUEL  
DIAKONIE

# IMMANUEL.KOCHT

*vegan & vegetarian with Lutz Fohgrub*

SPICY PEA SOUP WITH APPLE AND PINEAPPLE



• We wish you bon appetit! •

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## SPICY PEA SOUP WITH APPLE AND PINEAPPLE

The soup is vegan and very easy to cook. Serves 4.

### Ingredients

300 g	dried, shelled yellow peas	3-4 tbsp.	virgin olive oil
50 g	leeks	2-3 cloves	garlic
50 g	onions	ca. 1 tbsp.	Indian curry powder
50 g	parsley root	ca. ½ - 1 tsp.	ground cinnamon
50 g	celeriac	1 cm	fresh ginger
50 g	carrot	2	bay leaves
120 g	red, yellow & green bell peppers	ca. 1 tsp.	cumin
800 ml	vegetable broth	1 pinch	black pepper
100 g	fresh apple, unpeeled	½ bunch	fresh coriander leaves (cilantro)
100 g	fresh peeled pineapple		

### To Prepare

Soak dried peas in cold water, refrigerate overnight. Slice leek into fine rings. Peel onions and cut into fine cubes. Peel and dice parsley root, celeriac and carrots. Wash bell pepper, halve it and remove the seeds, then cut into fine cubes. Wash apple and quarter it with the peel, remove core and dice. Core the peeled pineapple and dice finely. Peel and mince garlic cloves and ginger.

Heat olive oil in large pot, saute onions on medium heat until transparent. Add curry powder, cinnamon, bay leaves and cumin, together with minced garlic and ginger, continue to saute for about 1 min. Add diced apple and cook until lightly caramelized. Drain peas and add to pot, add vegetable broth and simmer gently over low flame for about 30 min.

Add leek rings, parsley root, celeriac and carrot cubes, cook for about 10 min. Add bell pepper and pineapple, continue to simmer for about another 5 min. Season to taste with freshly ground black pepper. Wash coriander leaves, shake dry, chop coarsely and sprinkle over soup before serving.

### The Health Factor

Like all legumes, peas are rich in carbohydrates, proteins, minerals and fiber. Always use spices such as cumin or caraway seeds and cook peas thoroughly to prevent bloating.

**Allergy sufferers please note:** Contains celeriac, stone fruit. May contain mustard seed, depending on curry mixture.