

These soup topper recipes are super quick to make and add extra nutrition and crunch to a warming winter soup.

## Crispy chickpeas

### Ingredients

- 400g can chickpeas
- 2 teaspoons olive oil
- 1/2 teaspoon paprika
- 1/4 teaspoon curry powder

### Method

Preheat oven to 180 degrees celcius. Rinse and drain chickpeas, pat dry with paper towel. Sprinkle chickpeas with paprika and curry powder and place on a baking tray. Bake for 5-10 minutes or until fragrant. Serve sprinkled on top of soup.

## Parmesan Croutons

### Ingredients

- 6 slices of bread
- Olive oil
- Parmesan cheese – 50g

### Method

Cut bread into cubes and arrange onto baking tray

Drizzle with olive oil and sprinkle over parmesan cheese. Bake for 5-10 minutes or until crisp and golden brown

## Pita Croutons

### Ingredients

- 2 wholemeal pita breads
- Spray olive oil
- Dried oregano
- Ground paprika
- Pepper

### Method

Preheat oven at 160 degrees and line baking trays with paper. Lightly spray the pita bread with oil. Sprinkle with oregano, paprika and cracked pepper. Press the seasonings into the flatbread with your hand to help it stick. Cut breads into triangles or rectangle shapes (be as rough as you like). Bake for 10 minutes until the pita bread has dried out and is crunchy. Store in an airtight container for up to 2 weeks.

## Toasted pepitas

### Ingredients

- 1/3 cup pepitas
- Smoked paprika

### Method

Preheat oven to 180 degrees celcius. Sprinkle pepitas with smoked paprika and place on a baking tray. Bake for 5-10 minutes or until fragrant. Serve sprinkled on top of soup