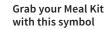


Fiery Black Bean Soup with Charred Corn & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR













Celery

Red Onion





Baby Spinach Leaves

Coriander



Carrot

Tortillas





Mexican Fiesta Spice Blend

Garlic & Herb Seasoning





Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Prep in: 20-30 mins Ready in: 25-35 mins

Plant Based*



These tortilla chips are ready to dunk and dive into this fiery black bean soup. It is also packed with some serious veggies and a serious kick of heat.





Olive Oil, Brown Sugar, Plant-Based Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
corn kernels	1 small tin	2 small tins
black beans	1 packet	2 packets
red onion	1	2
celery	1 medium bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bunch	1 bunch
carrot	1	2
mini flour tortillas	6	12
Mexican Fiesta spice blend ∮	1 sachet	2 sachets
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 large sachet	2 large sachets
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
plant-based butter*	20g	40g
chicken breast**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	380kJ (91Cal)
Protein (g)	23.7g	3.3g
Fat, total (g)	17g	2.4g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	89.8g	12.6g
- sugars (g)	29g	4.1g
Sodium (mg)	3460mg	486mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	394kJ (94Cal)
Protein (g)	57.6g	6.6g
Fat, total (g)	21.7g	2.5g
- saturated (g)	5.4g	0.6g
Carbohydrate (g)	89.8g	10.2g
- sugars (g)	29g	3.3g
Sodium (mg)	3545mg	404mg

The quantities provided above are averages only

Alleraens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 200°C/180°C fan-forced. Drain corn kernels. Drain and rinse black beans.
- Finely chop red onion and celery. Roughly chop baby spinach leaves and coriander. Thinly slice carrot into half-moons.
- Slice mini flour tortillas into quarters. Spread over a lined oven tray (don't worry if they overlap).
- Drizzle with olive oil and season with salt. Bake until lightly golden and crisp, 8-10 minutes.

TIP: Keep an eye on the tortilla chips. You want them crisp, but not burnt!

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Drain and rinse half the black beans.



Finish the soup

- To the saucepan, add diced tomatoes with garlic & onion, vegetable stock powder, black beans, the water and the brown sugar. Cook, stirring, until slightly thickened, 5-6 minutes.
- Add the plant-based butter and baby spinach leaves and cook, stirring, until melted and combined, 1 minute. Season to taste

Custom Recipe: Add cooked chicken to the saucepan with the baby spinach.



Start the soup

- While the tortillas are baking, heat a large saucepan over high heat.
- Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of olive oil. Cook carrot, onion and celery, tossing, until slightly softened, 4-5 minutes.
- SPICY! The spice blend is hot, use less if you're sensitive to heat. Add Mexican
 Fiesta spice blend and garlic & herb seasoning and cook until fragrant,
 1 minute.

TIP: Add a dash of water to the veggies to help speed up the cooking process.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate. Continue as above.



Serve up

- Divide Mexican black bean soup between bowls.
- Top with charred corn and sprinkle with coriander.
- Serve with tortilla chips. Enjoy!

Rate your recipe

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