

UCOOK

Mexican Chipotle Soup

with crispy tortilla strips & chipotle chillies in adobo

This recipe makes warming Spanish flavours sing with notes of rich black beans, hearty sweet potato, golden toasted seeds & spicy chipotle chillies, which are all swimming in a satisfying, creamy tomato base. Sided with crispy tortilla strips to scoop up every last drop.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

10g	Sunflower Seeds
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10g	Chipotle Chillies in Adobo <i>drain & roughly chop</i>
5ml	NOMU Mexican Spice Blend
250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
100ml	Tomato Passata
5ml	Vegetable Stock
30ml	Sour Cream
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
120g	Black Beans <i>drain & rinse</i>
1	Wheat Flour Tortilla

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. THE SUNNY SEED UP Boil the kettle. Place a pot over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

2. FLAVOURSOME FLAVOURS Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic, the chopped chipotle chillies (to taste), the NOMU spice blend, and the sweet potato pieces. Fry until fragrant, 2-3 minutes (shifting occasionally). Add the tomato passata, the stock, and 300ml of boiling water. Reduce the heat and simmer until reduced by half and the sweet potato is cooked through, 12-15 minutes.

3. CREAMY & HERBY In a small bowl, combine the sour cream and ½ the chopped coriander. Loosen with a splash of water and season.

4. BEAN THERE, DONE THAT When the sauce has reduced, add the drained beans and cook until warmed through, 2-3 minutes. Add a sweetener (to taste) and seasoning.

5. TOTALLY SOLD ON TORTILLAS Cut the flour tortilla in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, fry the strips until crispy, 1-2 minutes per side. Drain on paper towel.

6. WARM & CRISPY DINNER Bowl up the soup, dollop over the coriander cream, and sprinkle over the toasted sunflower seeds. Serve the crispy tortillas on the side for dunking and garnish with the remaining coriander. Well done, Chef!



Chef's Tip

Air fryer method: Coat the tortilla strips in oil and season. Air fry at 180°C until cooked through and crispy, 5-8 minutes.

Nutritional Information

Per 100g

Energy	412kj
Energy	98kcal
Protein	3g
Carbs	15g
of which sugars	4.1g
Fibre	2.5g
Fat	2.2g
of which saturated	0.8g
Sodium	227mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days