



# UCCOOK

## Potato & Corn Soup

with toasted ciabattini

It's difficult to compete with a big bowl of warm soup on a cold winter's night, especially if it is this recipe. An inviting vegetable stock, dotted with golden-fried onion, carrot & fresh herbs, is used to cook the potato. After adding sweet pops of corn and crème fraîche, the soup is blended until a smooth and luscious liquid. Sided with toasted ciabattini bread.

---

**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

---

**Serves:** 3 People


---

**Chef:** Megan Bure

---

Simple & Save

---

 Cathedral Cellar Wines | Cathedral Cellar-  
Sauvignon blanc 2022

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|       |   |
|-------|---|
| 10g   | Mixed Herbs<br><i>(8g Fresh Thyme &amp; 2 Bay Leaves)</i>           |
| 2     | Onions<br><i>peel &amp; roughly slice 1½</i>                        |
| 360g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 45ml  | NOMU Provençal Rub  |
| 2     | Vegetable Stock Sachets   |
| 600g  | Potato<br><i>rinse &amp; cut into small bite-sized pieces</i>       |
| 3     | Ciabattinis   |
| 300g  | Corn  |
| 150ml | Crème Fraîche   |

## From Your Kitchen

Oil (cooking, olive & coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Blender  
Butter (optional)

**1. AND WE'RE OFF!** Boil the kettle. Rinse the mixed herbs and set aside.

**2. ON TO THE SOUP BASE** Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion and the carrot pieces until golden, 8-10 minutes (shifting occasionally). Add the NOMU rub, 1½ of the veg stock sachets, the rinsed herbs, the potato chunks, and 600ml of boiling water. Bring to a boil and cook until the potatoes are soft, 20-25 minutes.

**3. LET'S BUTTER THE BUN** While the soup base is boiling, halve the ciabattinis and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the ciabattinis, cut-side down, until golden, 1-2 minutes.

**4. MIX THINGS UP** Once the potatoes are soft, remove the whole herbs and discard. Remove the pot from the heat and mix through the corn and the crème fraîche.

**5. BLENDING IN** Pour the soup into a blender and pulse until smooth and combined. Return to the pot and season. Add a splash of milk (optional) or water to loosen until desired consistency. Return the pot to low heat until serving.

**6. SOUP'S UP** Bowl up the hearty potato & corn soup and serve the toasted ciabattinis on the side for dunking.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 541kJ   |
| Energy             | 129kcal |
| Protein            | 3.4g    |
| Carbs              | 21g     |
| of which sugars    | 3.2g    |
| Fibre              | 2.5g    |
| Fat                | 3.4g    |
| of which saturated | 1.6g    |
| Sodium             | 163mg   |

## Allergens

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

Eat  
Within  
4 Days