



UCCOOK

Strandveld's Mexican Soup

with crispy tortilla strips & chipotle chillies in adobo

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Strandveld Winery

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	412kJ	3031kJ
Energy	98kcal	725kcal
Protein	3g	22.1g
Carbs	15g	113g
of which sugars	4.1g	30g
Fibre	2.5g	18.6g
Fat	2.2g	16.2g
of which saturated	0.8g	6.1g
Sodium	227mg	1671mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Chipotle Chillies in Adobo <i>drain & roughly chop</i>
15ml	20ml	NOMU Mexican Spice Blend
750g	1kg	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
300ml	400ml	Tomato Passata
15ml	20ml	Vegetable Stock
90ml	125ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
360g	480g	Black Beans <i>drain & rinse</i>
3	4	Wheat Flour Tortillas

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

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, add the onion and fry until soft, 5-6 minutes (shifting occasionally). Add the garlic, the chipotles (to taste), the NOMU spice blend, and the sweet potato chunks. Fry until fragrant, 3-4 minutes (shifting occasionally). Add the tomato passata, the stock, and 900ml [1,2L] of boiling water. Reduce the heat and simmer until reduced by half and the sweet potato is cooked through, 15-20 minutes.

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

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

5. TOTALLY SOLD ON TORTILLAS Cut the flour tortillas in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. You may need to do this step in batches. 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!