



UCOOK

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: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-Sauvignon blanc 2022

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Ingredients & Prep

4g	Mixed Herbs <i>(3g Fresh Thyme & 1 Bay Leaf)</i>
1	Onion <i>peel & roughly slice ½</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
15ml	NOMU Provençal Rub
1	Vegetable Stock Sachet
200g	Potato <i>rinse & cut into small bite-sized pieces</i>
1	Ciabattini
100g	Corn
50ml	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, 7-8 minutes (shifting occasionally). Add the NOMU rub, ½ the veg stock sachet, the rinsed herbs, the potato chunks, and 200ml of boiling water. Bring to a boil and cook until the potatoes are soft, 15-20 minutes.

3. LET'S BUTTER THE BUN While the soup base is boiling, halve the ciabattini and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the ciabattini, 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 ciabattini 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