

# QCOOK

## Beef Meatball Taco Soup

with crispy beans & coriander

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Ethan Shahim

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 513kJ    | 3302kJ      |
| Energy             | 123kcal  | 790kcal     |
| Protein            | 7.1g     | 45.7g       |
| Carbs              | 7g       | 48g         |
| of which sugars    | 2.3g     | 15.1g       |
| Fibre              | 1.6g     | 10.3g       |
| Fat                | 6.8g     | 43.9g       |
| of which saturated | 2.7g     | 17.1g       |
| Sodium             | 143mg    | 921mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 10ml     | 20ml       | Beef Stock   |
| 4        | 8          | Beef Meatballs   |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>                        |
| 100g     | 200g       | Cauliflower Florets<br><i>rinse &amp; cut into bite-sized pieces</i> |
| 50g      | 100g       | Corn   |
| 10ml     | 20ml       | NOMU Mexican Spice Blend   |
| 50g      | 100g       | Cooked Chopped Tomato  |
| 60g      | 120g       | Black Beans<br><i>drain &amp; rinse</i>                              |
| 3g       | 5g         | Fresh Coriander<br><i>rinse &amp; pick</i>                           |
| 20ml     | 40ml       | Sour Cream   |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender  
Milk (optional)

**1. STOCK & MEATBALLS** Boil the kettle, and dilute the stock with 250ml [500ml] of boiling water. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

**2. START THE SOUP BASE** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion, cauliflower, and corn until golden, 5-6 minutes. Add the NOMU rub (to taste) and fry until fragrant, 1-2 minutes. Pour in the chopped tomatoes and the diluted stock. Simmer until the cauliflower has softened, 8-10 minutes.

**3. BLACK BEANS** Return the pan to medium-high heat with a drizzle of oil. Toast the beans until golden and crispy, 8-10 minutes. Remove from the pan and season.

**4. INTO THE BLENDER** Pour the soup into a blender, add 1/2 of the coriander, the sour cream, and pulse until smooth and combined. Return to the pot and season. Loosen with water or milk if it's too thick.

**5. SOUP'S UP!** Spoon the warm soup into your favourite bowl, add the juicy meatballs, and garnish with the beans and remaining coriander.