



UCCOOK

Strandveld's Mexican Soup

with crispy tortilla strips & chipotle chillies in adobo

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

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 1 | [Serves 2] | |
|----------|------------|---|
| 10g | 20g | Sunflower Seeds |
| 1 | 1 | Onion <i>peel & finely dice ½ [1]</i> |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 10g | 20g | Chipotle Chillies in Adobo <i>drain & roughly chop</i> |
| 5ml | 10ml | NOMU Mexican Spice Blend |
| 250g | 500g | Sweet Potato <i>rinse & cut into bite-sized pieces</i> |
| 100ml | 200ml | Tomato Passata |
| 5ml | 10ml | Vegetable Stock |
| 30ml | 60ml | Sour Cream |
| 3g | 5g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 120g | 240g | Black Beans <i>drain & rinse</i> |
| 1 | 2 | Wheat Flour Tortilla/s |

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, 4-5 minutes (shifting occasionally). Add the garlic, the chipotles (to taste), the NOMU spice blend, and the sweet potato chunks. Fry until fragrant, 2-3 minutes (shifting occasionally). Add the tomato passata, the stock, and 300ml [600ml] 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 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, 2-3 minutes. Add a sweetener (to taste) and seasoning.

5. TOTALLY SOLD ON TORTILLAS Cut the flour tortilla/s 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. 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!