

QCOOK

Beef Meatball Taco Soup

with crispy beans & coriander

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

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:

Serves 3	[Serves 4]	
30ml	40ml	Beef Stock
12	16	Beef Meatballs
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
300g	400g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
150g	200g	Corn
30ml	40ml	NOMU Mexican Spice Blend
150g	200g	Cooked Chopped Tomato
180g	240g	Black Beans <i>drain & rinse</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
60ml	80ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Milk (optional)

1. STOCK & MEATBALLS Boil the kettle, and dilute the stock with 750ml [1L] 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, 7-8 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, 12-15 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.