



# MEXICAN TOMATO SOUP

with Crispy Tortilla Strips



Make a Mexican style soup



Brown Onion



Courgette



Garlic



Red Kidney Beans



Mexican Fiesta Spice Blend



Chopped Tomatoes With Roast Garlic And Onion



Vegetable Stock



Mini Flour Tortillas



Sweetcorn



Spring Onion



Lime



Greek Yoghurt

- Hands-on: **25 mins**
- Ready in: **30 mins**
- Spicy (Mexican Fiesta spice blend)

This flavoursome bowl is our hearty take on a Mexican classic – tortilla soup! The best part of this winter warmer is the DIY chips. Enjoy the moreish baked tortillas as a crisp topping, or submerge them in the soup to soak up all the rich, spiced tomato flavour.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** • **oven tray** lined with **baking paper** • **medium frying pan**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Cut the **courgette** into 1cm pieces. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **red kidney beans**.



### 2 COOK THE VEGGIES

**SPICY!** Add 1/2 the **spice blend** if you are sensitive to heat! In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **courgette** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.



### 3 COOK THE SOUP

Add the **chopped tomatoes with roast garlic and onion** and **water** to the pan and crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Add the **red kidney beans** and simmer, uncovered, until reduced and thickened, **10 minutes**. Season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in this dish, so taste, season with salt and pepper and taste again. **TIP:** Add a splash of water if the soup is too thick



### 4 BAKE THE TORTILLA STRIPS

While the soup is simmering, slice the **mini flour tortillas** into 1cm-thick strips and arrange over an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Transfer to the oven and bake until golden and crisp, **6-8 minutes**.



### 5 CHAR THE CORN

Drain the **sweetcorn**. Heat a medium frying pan over a high heat. Add the corn kernels and cook until lightly browned, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are jumping out. Thinly slice the **spring onion**. Slice the **lime** into wedges.



### 6 SERVE UP

Divide the Mexican tomato soup between bowls. Top with **Greek yoghurt**, the charred corn and a good squeeze of lime. Sprinkle with the spring onion and serve with crispy tortilla strips.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
courgette	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
chopped tomatoes with roast garlic and onion	1 tin (400 g)	2 tins (800 g)
water*	½ cup	1 cup
vegetable stock	1 cube	2 cubes
mini flour tortillas	6	12
sweetcorn	1 tin (125 g)	1 tin (300 g)
spring onion	1 bunch	1 bunch
lime	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3170kJ (756Cal)	352kJ (84Cal)
Protein (g)	29.0g	3.2g
Fat, total (g)	20.0g	2.2g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	101g	11.2g
- sugars (g)	23.2g	2.6g
Sodium (g)	2240mg	249mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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