

Creamy Chipotle Corn and Black Bean Soup with Cheesy Mini Toasts



Quick 20-25 Minutes • Medium Spice • 4 of your 5 a day













Smoked Paprika

Garlic Clove



Tomato Passata



Vegetable Stock



Ciabatta



Mature Cheddar Cheese





Creme Fraiche



Chipotle Paste



Pantry Items

Oil, Salt, Pepper, Honey, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Sieve, bowl, potato masher, garlic press, saucepan, grater and baking tray.

Ingredients

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Ingredients	2P	3P	4P		
Onion**	1	11/2	2		
Black Beans	1 carton	1½ cartons	2 cartons		
Garlic Clove**	2	3	4		
Smoked Paprika	1 sachet	1 sachet	2 sachets		
Tomato Passata	1 carton	1½ cartons	2 cartons		
Vegetable Stock Paste 10)	15g	25g	30g		
Ciabatta 13)	1	2	2		
Mature Cheddar Cheese** 7)	40g	60g	80g		
Creme Fraiche** 7)	75g	120g	150g		
Sweetcorn	160g	255g	340g		
Chipotle Paste	20g	30g	40g		
Diced Chorizo**	90g	120g	180g		
Pantry	2P	3P	4P		
Honey*	1 tbsp	1½ tbsp	2 tbsp		
Water for the Soup*	100ml	150ml	200ml		
Butter*	20g	30g	40g		
*Not Included **Store in the Fridge					

Nutrition

			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	554g	100g	599g	100g
Energy (kJ/kcal)	2743 /656	495/118	3572 /854	596/142
Fat (g)	33.1	6.0	49.3	8.2
Sat. Fat (g)	17.9	3.2	24.0	4.0
Carbohydrate (g)	65.2	11.8	66.6	11.1
Sugars (g)	22.4	4.0	22.7	3.8
Protein (g)	23.8	4.3	35.0	5.8
Salt (g)	3.97	0.72	6.56	1.09

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.



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Start the Prep

- a) Halve, peel and thinly slice the onion.
- **b)** Drain and rinse the **black beans** in a sieve. Transfer **half** to a small bowl and roughly mash them using a potato masher or the back of a fork.
- c) Peel and grate the garlic (or use a garlic press).

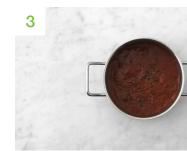


Fry the Onion

- **a)** Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- **b)** Add the **onion** to the pan and stir-fry until softened, 4-5 mins
- c) Stir in the garlic and smoked paprika. Cook until fragrant, 1 min.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan with the **onion**. Fry for the same amount of time, then continue as instructed.



Simmer Simmer

- a) Add the passata, black beans (both mashed and whole), veg stock paste, honey and water for the soup (see pantry for both amounts) to the pan.
- **b)** Stir to combine and bring to the boil. Lower the heat to medium and simmer until thickened, 5-6 mins.



Make the Cheesy Toasts

- a) Meanwhile, preheat your grill to high.
- **b)** Halve the **ciabatta**, then cut into 1cm slices. Grate the **cheese**.
- c) Pop the ciabatta slices onto a medium baking tray. Sprinkle over the cheese and season with salt and pepper.
- d) Grill until melted and golden, 3-5 mins.



Finishing Touches

- a) While the **ciabatta** grills, drain the **sweetcorn** in
- **b)** Stir the **creme fraiche**, **corn**, **chipotle** (add less if you'd prefer things milder) and **butter** (see pantry for amount) through the **soup** until combined. Bring to the boil, then remove from the heat.
- c) Taste and season with salt and pepper if needed. Add a splash of water if it's a little thick.



Serve Up

- a) Share the soup between your bowls.
- **b)** Serve the **cheesy toasts** alongside for dipping and scooping.

Enjoy!