



Creamy Chipotle Corn and Black Bean Soup

with Cheesy Mini Toasts

17

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



Onion



Black Beans



Garlic Clove



Smoked Paprika



Tomato Passata



Vegetable Stock Paste



Ciabatta



Mature Cheddar Cheese



Creme Fraiche



Sweetcorn



Chipotle Paste



Diced Chorizo

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

Ingredients	2P	3P	4P
Onion**	1	1½	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

Typical Values	Per serving	Per 100g	Custom Recipe	
			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.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Start the Prep

- Halve, peel and thinly slice the **onion**.
- 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.
- Peel and grate the **garlic** (or use a garlic press).



Make the Cheesy Toasts

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



Fry the Onion

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Add the **onion** to the pan and stir-fry until softened, 4-5 mins.
- 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.



Finishing Touches

- While the **ciabatta** grills, drain the **sweetcorn** in a sieve.
- 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.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Simmer Simmer

- 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.
- Stir to combine and bring to the boil. Lower the heat to medium and simmer until thickened, 5-6 mins.



Serve Up

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

Enjoy!