



Chipotle Spiced Sweet Potato and Bean Soup

with Sweetcorn, Soured Cream and Tortilla Dippers

41

Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Sweetcorn



Garlic Clove



Sweet Potato



Red Kidney Beans



Chipotle Paste



Tomato Passata



Vegetable Stock Paste



Plain Taco Tortilla



Greek Style Salad Cheese



Soured Cream

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	150g	255g	340g
Garlic Clove**	2	3	4
Sweet Potato	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Plain Taco Tortilla 13	4	6	8
Greek Style Salad Cheese** 7	100g	150g	200g
Soured Cream** 7	75g	150g	150g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Sugar*	1½ tsp	2 tsp	3 tsp
Water for the Soup*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3434 / 821	565 / 135
Fat (g)	33.3	5.5
Sat. Fat (g)	18.0	3.0
Carbohydrate (g)	93.8	15.4
Sugars (g)	25.8	4.2
Protein (g)	30.5	5.0
Salt (g)	4.32	0.71

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, 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.

Contact

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.
Drain the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press).

Cut the **sweet potato** into small 1cm chunks (no need to peel) and pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and tender, 16-18 mins. Turn halfway through.



Make your Dippers

Meanwhile, cut each **tortilla** (2 per person) into 8 triangles (use scissors if easier).

Place on another large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**.

TIP: Use two baking trays if necessary.

Bake on the middle shelf in the oven until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them to make sure they colour evenly.



Corn Time

Meanwhile, melt the **butter** (see pantry for amount) in a large saucepan on medium heat.

Once hot, add the **sweetcorn** and fry until golden, 2-3 mins.

In the meantime, pop **half** the **kidney beans** and all their **liquid** into a medium bowl and mash with a potato masher.



Finishing Touches

While everything cooks, crumble the **Greek style salad cheese** into small pieces.

Once roasted, stir the **sweet potato** through the **soup**. Season with **salt** and **pepper**, then remove from the heat.



Add the Flavour

Once the **corn** is golden, add the **chipotle paste** and **garlic**. Stir-fry for 1 min.

Stir in the **passata**, **vegetable stock paste**, **kidney beans** (whole and mashed), **sugar** and **water for the soup** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened, 5-7 mins. Stir occasionally.



Serve

Share your **chipotle sweet potato soup** between your bowls. Drizzle with the **soured cream** and gently swirl it into the **soup** if you'd like.

Sprinkle over the **cheese** to finish and serve your **tortilla dippers** alongside.

Enjoy!