







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Coconut Caribbean Soup with Home Baked Tortilla Chips

Poudre de Columbo is a Caribbean curry powder from our wonderful spice suppliers 'Seasoned Pioneers'. It smells pretty damn good and cooked with creamy coconut milk, veggies and crispy tortilla chips on the side, it tastes pretty damn good too! Get stuck in!

 25 mins

 vegan

 veggie

 spicy

 healthy

 one pot wonder

 2.5 of your 5 a day



Spring Onion (3)



Garlic Clove (1)



Yellow Pepper (1)



Lime (½)



Kidney Beans (1 tin)



Poudre de Columbo (1 tbsp)



Dried Thyme (½ tbsp)



Chopped Tomatoes (1 tin)



Coconut Milk (400ml)



Vegetable Stock Pot (1)




Wholemeal Tortillas (2)

2 PEOPLE INGREDIENTS

- Spring Onion, sliced **3**
- Garlic Clove, grated **1**
- Yellow Pepper, chopped **1**
- Lime **½**
- Kidney Beans **1 tin**
- Poudre de Colombo **1 tbsp**

- Dried Thyme **½ tbsp**
- Chopped Tomatoes **1 tin**
- Coconut Milk **400ml**
- Vegetable Stock Pot **1**
- Wholemeal Tortillas **2**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Coconut milk is not actually the water that comes from inside a coconut; it is the grated white flesh of a coconut mixed with water.

Allergens: Mustard, Celery, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	426 kcal / 1775 kJ	21 g	16 g	39 g	11 g	14 g	3 g
Per 100g	83 kcal / 345 kJ	4 g	3 g	8 g	2 g	3 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser (Tara Gum), Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Pre-heat your oven to 200 degrees. Thinly slice the **spring onion**, but keep the white and green parts separate. Peel and grate the **garlic**. Remove the core from the **yellow pepper** and chop into roughly 2cm chunks. Grate the **lime zest**. Drain and rinse the **kidney beans** in a colander under running water.

2



2 Put the **whites** of your **spring onion** in a saucepan on medium heat with a splash of **oil** and cook for 3 mins. Add your **yellow pepper** and cook for 5 more mins. Once your **pepper** has softened slightly, add your **garlic**, the **Poudre de Colombo** and the **thyme**. Cook for 30 seconds, then add your **kidney beans** and **chopped tomatoes**. Refill your **tomato tin(s)** a quarter with **water**, swirl it around and pour that in as well. Stir in the **coconut milk** and the **vegetable stock pot**.

3 Grind in some **pepper** and a small pinch of **salt** and bring your **soup** to a gentle simmer. Stir to dissolve your **stock pot**, and cook for 10-12 mins.

4



4 While your soup cooks, make the **tortilla chips**! Using some scissors, cut each **tortilla** into eight triangular 'tortilla chips' (we used one tortilla per person but if you want to use two per person, that's fine - you have enough!).

5 Place your **tortilla chips** on a large baking tray in a single layer and drizzle over some **olive oil**. Sprinkle over a pinch of **salt** and a grind of **pepper** and pop in your oven for 4-5 mins. **Tip:** *Keep an eye on them to make sure they don't burn!*

6 Once your soup is lovely and rich, remove it from the heat and squeeze in half the **lime juice**. Taste and add more **lime juice** if necessary.

6



7 Serve your **Caribbean soup** with the **greens** of your **spring onion** and your **lime zest** sprinkled on top, and your homemade **tortilla chips** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!