

# Mexican Black Bean Soup

with Charred Corn & Chilli Tortilla Chips

Grab your Meal Kit with this symbol



Sweetcorn



Black Beans



Red Onion



Garlic



Celery



Silverbeet



Coriander



Carrot



Mini Flour Tortillas



Chilli Flakes (Optional)



Mexican Fiesta Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Vegetable Stock Powder



Hands-on: **15-25 mins**  
Ready in: **25-35 mins**  
Spicy (Mexican Fiesta spice blend & optional chilli flakes)



Plant Based

One good way to beat the chill? Channel the flavours of Mexico into a hearty soup with black beans and rainbow veggies. A pinch of chilli flakes, some warm tortilla chips and Mexican-style spices bring a warmth that'll make you feel toasty inside.

## Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
red onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
silverbeet	1 bag	1 bag
coriander	1 bag	2 bags
carrot	1	2
mini flour tortillas	6	12
chilli flakes (optional)	pinch	pinch
Mexican Fiesta spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
vegetable stock powder	1 large sachet	2 large sachets
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
plant-based butter*	30g	60g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3256kJ (778Cal)	398kJ (95Cal)
Protein (g)	29.3g	3.6g
Fat, total (g)	23.3g	2.8g
- saturated (g)	12g	1.5g
Carbohydrate (g)	93.3g	11.4g
- sugars (g)	24.8g	3g
Sodium (mg)	3422mg	418mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Drain **sweetcorn** (see ingredients). Drain and rinse **black beans**. Finely chop **red onion, garlic** and **celery**. Roughly chop **silverbeet** and **coriander**. Thinly slice **carrot** into half-moons.
- Slice **mini flour tortillas** into quarters. Divide **tortillas** between two lined oven trays (don't worry if they overlap). Add a drizzle of **olive oil** and a pinch of **chilli flakes** (if using), then season with **salt**. Bake until lightly golden and crispy, **8-10 minutes**.

**TIP:** Keep an eye on the tortillas. You want them crisp, but not burnt!



## Finish the soup

- Add **silverbeet, chopped tomatoes, vegetable stock powder, black beans**, the **water, brown sugar** and a pinch of **chilli flakes** (if using) to **veggies**. Cook, stirring, until slightly thickened **5-6 minutes**.
- Add **plant-based butter** and 1/2 the **coriander** and stir until melted, **1 minute**.



## Cook the veggies

- While tortillas are baking, heat a large frying pan over a high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- Meanwhile, heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Cook **onion, celery** and **carrot**, stirring, until slightly softened, **2-3 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **garlic, Mexican Fiesta spice blend** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.

**TIP:** Cover the frying pan with a lid if the corn kernels are "popping" out.

**TIP:** Add a dash of water to saucepan to help speed up veggie cooking process.



## Serve up

- Divide Mexican black bean soup between bowls.
- Top with charred corn and remaining coriander.
- Serve with chilli tortilla chips.

## Enjoy!