



# Mexican Spiced Sweetcorn Soup

with Greek style cheese and tortilla strips

Veggie Calorie Smart 25-30 mins

10



Yoghurt



Carrot



Chopped Tomato with Onion & Garlic



Tortilla



Coriander



Lemon



Vegetable Stock



Sweetcorn



Mexican Style Spice Mix



Greek Style Cheese

Pantry Items: Oil, Salt, Pepper, Water, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Blender, pot with lid, sieve, zester

## Ingredients

	2P	4P
Yoghurt	75 g	150 g
Carrot	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Tortilla	4 units	8 units
Coriander	5 g	10 g
Lemon	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Sweetcorn	1 pack	2 packs
Mexican Style Spice Mix	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	536.3 g	100 g
Energy (kJ/kcal)	2163.1 kJ/ 517 kcal	403.3 kJ/ 96.4 kcal
Fat (g)	20.9 g	3.9 g
Sat. Fat (g)	12.8 g	2.4 g
Carbohydrate (g)	63.9 g	11.9 g
Sugars (g)	24.1 g	4.5 g
Protein (g)	20.2 g	3.8 g
Salt (g)	5.4 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

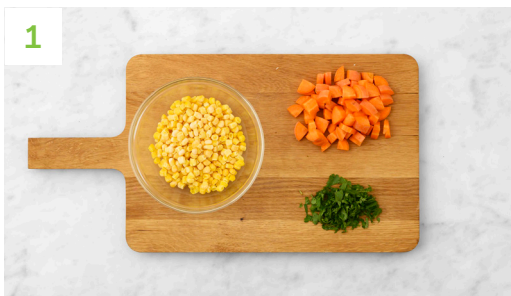
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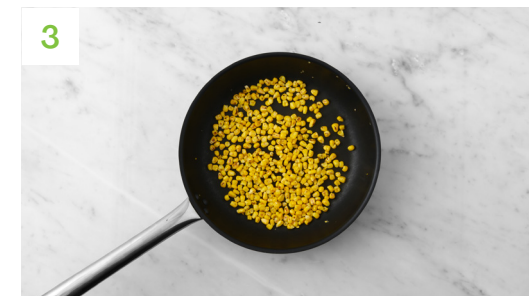
## Get Prepped

- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Drain the **sweetcorn** in a sieve.



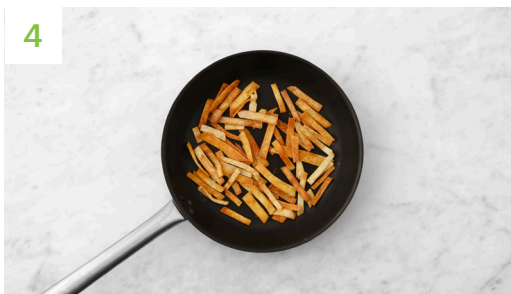
## Start the Soup

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot fry the **carrot** with the **Mexican spice mix** until fragrant, 2-3 mins.
- Add the **vegetable stock powder**, **chopped tomatoes** and 400ml **water** (double for 4p).
- Cover and simmer until the **carrots** are tender, 15-20 mins.



## Char the Corn

- Meanwhile, place a pan over medium-high heat with a knob of **butter**.
- Once hot, add the drained **corn** and season with **salt** and **pepper**.
- Cook until golden brown, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



## Toast the Tortillas

- Cut **half** the **tortillas** (double for 4p) into thin strips. Cut each strip in **half** widthways.
- Return the pan to medium-high heat with another knob of **butter**.
- Once melted, fry the **tortilla** strips until golden brown, 3-4 mins.

**TIP:** Fry in batches to avoid overcrowding if necessary.



## Blend Your Soup

- Meanwhile, zest and quarter the **lemon**.
- Once the soup is cooked, blend until smooth and creamy.
- Add the **yoghurt** to the soup and mix well to incorporate.
- Season to taste with **salt** and **pepper**.

**TIP:** Add a splash of water if it becomes too thick.



## Garnish and Serve

- Divide the soup between bowls.
- Crumble in **Greek style cheese**.
- Top with buttered **corn**, **lemon** zest, chopped **coriander** and **tortilla** strips.
- Finish with a squeeze of **lemon** juice.
- Serve any remaining **lemon** wedges alongside.

**Enjoy!**