



Mexican Spiced Sweetcorn Soup

with Greek style cheese and coriander topping

Family Calorie Smart 25 – 30 mins • Equipment needed

10



Carrot



Chopped Tomato with Onion & Garlic



Tortilla



Coriander



Vegetable Stock



Sweetcorn



Mexican Style Spice Mix



Greek Style Cheese



Creme Fraiche



Lime

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



Rate your recipe!

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
Carrot	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Tortilla	4 units	8 units
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Sweetcorn	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Greek Style Cheese	100 g	200 g
Crema Fraiche	65 g	110 g
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	519.3 g	100 g
Energy (kJ/kcal)	2418.4 kJ/ 578 kcal	465.7 kJ/ 111.3 kcal
Fat (g)	28.1 g	5.4 g
Sat. Fat (g)	17.3 g	3.3 g
Carbohydrate (g)	62.7 g	12.1 g
Sugars (g)	23 g	4.4 g
Protein (g)	19.9 g	3.8 g
Salt (g)	6.4 g	1.2 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.

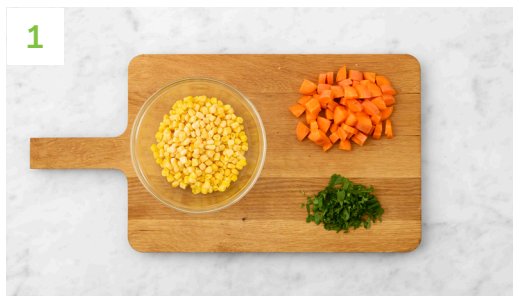
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- 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.



Toast the Tortillas

- Cut **half** the **tortillas** (double for 4p) into thin strips. Cut each strip in **half** widthways.
- Arrange on a baking tray in a single layer (use two trays if necessary).
- Bake in the oven until crispy and golden, 6-8 mins.



Start the Soup

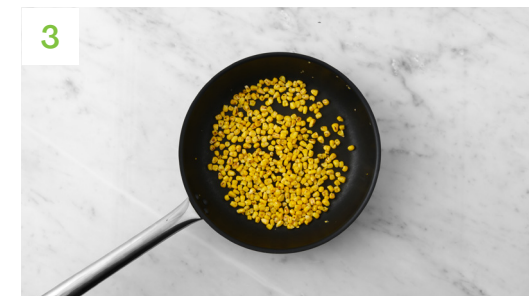
- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** with the **Mexican spice mix** until fragrant, 2-3 mins.
- Add the **stock, chopped tomatoes, 400ml water** and ½ tsp **sugar** (double both for 4p).
- Cover and simmer until the **carrot** is tender, 15-20 mins.



Blend Until Smooth

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

TIP: Add a splash of water if you feel the soup is too thick.



Char the Corn

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



Garnish and Serve

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

Enjoy!