



Chipotle Corn and Black Bean Soup

with Cheesy Mini Toasts

18

Quick 20-25 Minutes • **Medium Spice** • 3 of your 5 a day



-  Onion
-  Black Beans
-  Garlic Clove
-  Smoked Paprika
-  Tomato Passata
-  Vegetable Stock Paste
-  Ciabatta
-  Mature Cheddar Cheese
-  Creme Fraiche
-  Sweetcorn
-  Chipotle Paste
-  Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper, Honey, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.
Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	15g	25g	30g
Ciabatta 13)	2	3	4
Mature Cheddar Cheese** 7)	40g	60g	80g
Creme Fraiche** 7)	75g	120g	150g
Sweetcorn	160g	255g	340g
Chipotle Paste	20g	30g	40g

Diced British Chicken Breast**	240g	390g	520g
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Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Soup*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	599g	100g	729g	100g
Energy (kJ/kcal)	3151 / 753	526 / 126	3797 / 908	521 / 124
Fat (g)	34.2	5.7	36.6	5.0
Sat. Fat (g)	18.0	3.0	18.7	2.6
Carbohydrate (g)	85.1	14.2	85.2	11.7
Sugars (g)	22.8	3.8	23.0	3.2
Protein (g)	26.9	4.5	58.3	8.0
Salt (g)	4.42	0.74	4.62	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Start the Prep

- Halve, peel and thinly slice the **onion**.
- Drain and rinse the **black beans** in a sieve. Transfer half to a small bowl and roughly mash them using a potato masher or the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).



Fry the Onion

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Add the **onion** to the pan and stir-fry until softened, 4-5 mins.
- Stir in the **garlic** and **smoked paprika**. Cook until fragrant, 1 min.

+ Add Chicken Breast

If you're adding **chicken**, add to the pan with the **onion**. Continue as instructed, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Make the Cheesy Toasts

- Meanwhile, preheat your grill to high.
- Cut the **ciabattas** into 1cm slices. Grate the **cheese**.
- Pop the **ciabatta slices** onto a medium baking tray. Drizzle with **oil**, sprinkle over the **cheese** and season with **salt** and **pepper**.
- Grill until melted and golden, 3-5 mins.



Finishing Touches

- While the **ciabatta** grills, drain the **sweetcorn** in a sieve.
- Stir the **creme fraiche**, **corn**, **chipotle** (add less if you'd prefer things milder) and **butter** (see pantry for amount) through the soup until combined. Bring to the boil, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Simmer Simmer

- Add the **passata**, **black beans** (both mashed and whole), **veg stock paste**, **honey** and **water for the soup** (see pantry for both amounts) to the pan.
- Stir to combine and bring to the boil. Lower the heat to medium and simmer until thickened, 5-6 mins.



Serve Up

- Share the **soup** between your bowls.
- Serve the **cheesy toasts** alongside for dipping and scooping.

Enjoy!