



HEALTHY

Mexican Black Bean Soup

with Lime Yoghurt and Roasted Kale



20-30min



4 Portions

All the fun and flavour of Mexican food in a nourishing bowl of soup. The broth, spiked with a Mexican spice blend, is packed with fresh corn, black beans and tomato. Topped with zingy lime yoghurt and oven-crisped kale, you are well on your way to getting your five serves of veggies for the day.

What we send

- diced tomatoes
- corn cob
- tomato paste
- vegetable stock cube
- lime
- black beans
- red onion
- coriander, garlic
- Mexican spice blend ¹⁷
- Greek-style yoghurt ⁷
- kale

What you'll require

- boiling water
- sea salt and pepper
- vegetable oil

Utensils

- baking paper
- fine grater
- large saucepan with lid
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~If preferred, leave the tomatoes unpureed.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 460kcal, Fat 16.1g, Carbs 47.3g, Proteins 19.4g



1. Prepare ingredients

Read through the recipe. Heat the oven to 200C (see cooking tip). Line 2 oven trays with baking paper. Finely chop the **onion**. Crush or finely chop the **garlic**. Discard the husk and silks from the **corn**, then slice the corn kernels from the cobs. Rinse and drain the **black beans**.



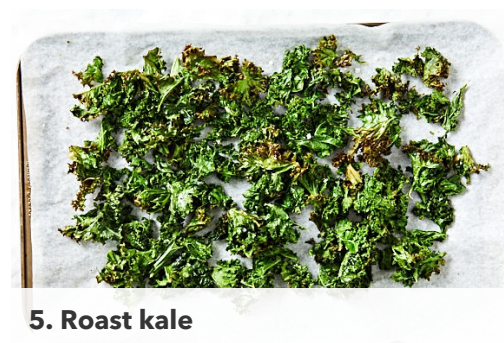
4. Simmer soup

Add the **beans, pureed tomato** and **1.5L (6 cups) boiling water**. Crumble in the **stock cubes** and bring to the boil. Reduce heat to medium-low, cover and cook for 10 mins to develop flavour.



2. Juice lime

Finely grate the **lime zest**, then juice. Using a stick blender, puree the **tomatoes** (see cooking tip).



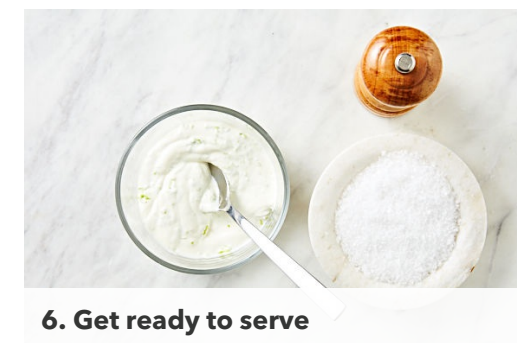
5. Roast kale

While the soup is cooking, tear the **kale** leaves into small pieces, discarding the stems. Spread over the lined trays, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Bake, tossing halfway, for 8 mins or until wilted and crisp in parts.



3. Start cooking

Heat **2 tbs olive oil** in a large saucepan over medium heat. Cook the **onion, garlic** and **corn**, stirring regularly, for 6 mins or until softened. Add the **tomato paste** and **Mexican spice blend** and cook, stirring, for 1 min or until fragrant.



6. Get ready to serve

Meanwhile, combine the **lime zest** and **yoghurt** in a bowl and season with **salt and pepper**. Stir **2 tbs lime juice** into the soup. Taste, then season with **salt and pepper**. Divide the **soup** among bowls. Spoon over the **lime yoghurt** and scatter over the **kale** to serve.