

# Product Spotlight: Sweet corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



# with Cheesy Tortilla Strips

A creamy roast capsicum soup topped with smokey chorizo, sweet corn and avocado, served with cheesy corn tortillas on the side for dipping.



# Make Nachos!

Don't feel like soup? Spread tortilla strips on an oven tray. Top with cooked onion, chorizo, sliced peppers, corn and cheese. Bake until golden. Serve with diced tomatoes and mashed avocado on top.

## FROM YOUR BOX

BROWN ONION	1
TOMATOES	2
MEDIUM POTATOES	3
WHOLE ROASTED PEPPERS	1 jar
CHORIZO	1 packet
CORN COB	1
AVOCADO	1
TORTILLA STRIPS	1 bag
CHEDDAR CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, smoked paprika, ground cumin

### **KEY UTENSILS**

frypan, saucepan with lid, stick mixer or blender, oven tray

#### NOTES

You can use a chicken or vegetable stock cube for this dish, or you can use liquid stock instead of water in step 2.

You can add 2-3 tsp sweetener of choice when seasoning the soup if preferred.



# **1. SAUTÉ THE VEGETABLES**

#### Set oven to 220°C.

Heat a large saucepan over medium heat with **oil**. Roughly chop onion, tomatoes and potatoes. Cook for 4-5 minutes until softened. Add **1 tbsp paprika**, **2 tsp cumin** and crumble in **stock cube** (see notes). Stir to combine.



# **4. BAKE THE TORTILLA STRIPS**

Spread tortilla strips on a lined oven tray. Grate cheese (if needed) and spread on top. Bake in oven for 5 minutes or until cheese is melted and golden.



## 2. SIMMER THE SOUP

Drain, roughly chop and add roasted peppers. Pour in **1L water**. Increase heat to medium-high, cover and simmer for 15-20 minutes until potatoes are tender.



## **5. FINISH THE SOUP**

Blend soup until smooth using stick mixer. Season to taste with **salt and pepper** (see notes).



# **3. PREPARE THE TOPPINGS**

Heat a frypan with **oil** over medium-high heat. Dice chorizo and remove corn kernels from cob. Add to pan and cook for 4-5 minutes or until golden. Set aside. Dice avocado.



## 6. FINISH AND SERVE

Serve soup in bowls with a side of cheesy tortilla strips. Top the soup with chorizo, corn, avocado and any remaining cheese to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

