



# Mexican Tomato Soup

with Crispy Tortilla Strips & Avocado

Grab your Meal Kit  
with this symbol



Brown Onion



Carrot



Garlic



Red Kidney Beans



Mexican Fiesta  
Spice Blend



Diced Tomatoes



Vegetable Stock



Mini Flour  
Tortillas



Avocado



Coriander



Lime



Greek Yoghurt



Hands-on: **25-35** mins  
Ready in: **30-40** mins



Spicy (Mexican  
Fiesta spice blend)

This flavoursome bowl is our hearty take on a Mexican classic – tortilla soup! The best part of this warming dish is the DIY crispy tortilla strips. Enjoy them as crunchy dippers or submerge them in the soup to soak up all the rich, spiced tomato flavour.

## Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large frying pan · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes	1 tin (400g)	2 tins (800g)
water*	½ cup	1 cup
vegetable stock	1 cube	2 cubes
mini flour tortillas	6	12
avocado	1	2
coriander	1 bag	1 bag
lime	1	2
Greek yoghurt	1 packet (100g)	2 packets (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2930kJ (699Cal)	406kJ (97Cal)
Protein (g)	21.6g	3.0g
Fat, total (g)	29.2g	4.1g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	77.6g	10.8g
- sugars (g)	25.2g	3.5g
Sodium (g)	2590mg	359mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Cut the **carrot** (unpeeled) into 1cm pieces. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **red kidney beans**.



### 2. Cook the veggies

**SPICY!** Add 1/2 the *spice blend* if you are sensitive to heat! In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.



### 3. Cook the soup

Add the **diced tomatoes** and **water** to the pan and crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Add the **red kidney beans** and simmer, uncovered, until reduced and thickened, **10 minutes**. Season to taste with **salt** and **pepper**.

**TIP:** Seasoning is key in this dish, so taste, season with salt and pepper and taste again.



### 4. Bake the crispy tortilla strips

While the soup is simmering, slice the **mini flour tortillas** into 1cm-wide strips and arrange over an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Bake until golden and crisp, **6-8 minutes**.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!



### 5. Prep the toppings

Dice the **avocado** into 2cm chunks. Roughly chop the **coriander**. Slice the **lime** into wedges.

**TIP:** Slice the avocado into cubes while the flesh is still in the skin, then scoop out the flesh with a spoon.



### 6. Serve up

Divide the Mexican tomato soup between bowls. Top with **Greek yoghurt**, avocado and a good squeeze of lime. Sprinkle with the coriander and serve with a large handful of crispy tortilla strips. Serve with any remaining lime wedges.

**Enjoy!**