



Product Spotlight: Sweet corn

Corn falls into not just one food category but two! The kernels are considered a vegetable, but if you dry them and make popcorn, they are a grain!



Chorizo Soup with Tortilla Strips

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



30 minutes



2 servings



Pork

28 July 2023

Add some cheese!

Add some grated cheese to toast on top of the nachos for a child-friendly dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	37g	102g

FROM YOUR BOX

BROWN ONION	1
TOMATO	1
RED CAPSICUM	1
MEDIUM POTATOES	2
CHORIZO	1 packet
CORN COB	1
AVOCADO	1
TORTILLA STRIPS	1 bag

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

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 1-2 tsp sweetener of choice when seasoning the soup if preferred.



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1. SAUTÉ THE VEGETABLES

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



2. SIMMER THE SOUP

Pour in **500ml water**. Increase heat to medium-high, cover and simmer for 15-20 minutes until potatoes are tender.



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.



4. FINISH THE SOUP

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



5. FINISH AND SERVE

Serve soup in bowls with a side of tortilla strips. Top the soup with chorizo, corn, and avocado.

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**

