



READY TO COOK
BY HARRIS FARM

CHICKEN MEXICANA SOUP



PREP
15 min



COOK
45 min



SERVES
4

INGREDIENTS:

- > 1 Onion
- > 1 Red Capsicum
- > 1 Green Capsicum
- > 2 Tbsp Mexican Spice Mix
- > ½ Bunch Coriander
- > 3 Garlic Cloves
- > 400g Crushed Tomatoes
- > 1 Avocado
- > 10 Tortillas
- > 125g Sour Cream
- > 400g Red Kidney Beans
- > 400g Black Beans
- > 500g Chicken Thighs
- > 1L Chicken Stock
- > 1 Lime

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil

METHOD – GET COOKING!



1 Finely slice the onions and capsicum and chop the coriander and garlic.

In a medium pot, drizzle in some cooking oil and sauté the garlic, onion and capsicum for approximately 4 minutes until golden brown.

Add 1 tablespoon of Mexican spice mix and cook for another minute.

2 Add crushed tomatoes, drained beans, stock and chopped coriander to the pot and bring to the boil. Turn down to a low heat and season with salt and pepper. Cook for 30 minutes.

Meanwhile, combine avocado, sour cream, coriander and juice of a half a lime until roughly mixed into a guacamole and then set aside.

3 Add 1 tablespoon of Mexican spice, salt and pepper to chicken and rub well.

In a hot pan, drizzle in some olive oil and sear chicken for approximately 4 minutes on each side.

Squeeze leftover lime juice over chicken and finely slice it into strips.

4 Heat up the tortillas on a hot frying pan for approximately 10 seconds on each side.

Serve soup with guacamole, freshly chopped coriander, warm tortillas and finely sliced chicken.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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