



with Michelle Reedy
food

MEXICAN TORTILLA SOUP

Serves 4

DRINK ME!

GRAHAM NORTON'S OWN SAUVIGNON BLANC 2015

Yes, you can now watch his TV show and drink his wine. The latter seems a popular option: more than 400,000 bottles of the celeb tippie have been sold in six months. Not only is it a very good SB, out of NZ's Invivo winery, but proceeds go to finding homes for lost dogs. \$20



WHAT YOU NEED

Vegetable oil

1 brown onion, diced

1 red capsicum, diced

2 cloves garlic, chopped

1 tsp smoked paprika

1 tsp cumin

2 tbsp chopped coriander root

500ml vegetable stock

400g can red kidney beans, drained and rinsed

400g whole peeled tomatoes

2 tortillas

½ cup grated cheese

1 avocado, diced

Sour cream

Extra virgin olive oil

Twenty-minute soups make perfect mid-week meals. This flavour-packed Mexican-inspired soup with red kidney beans is hearty and wholesome and will have you reaching for another bowl. Garnish it with crispy tortillas, cheese and avocado, or simply serve it with a dollop of sour cream.

1 Heat 1 tbsp oil in a medium pot, add the onion, capsicum and garlic, season with salt and pepper and cook gently for 5 minutes.

- 2 Add the paprika, cumin and coriander; cook for 30 seconds.
- 3 Add vegetable stock, kidney beans and tinned tomatoes. Bring to boil and cook for 10 minutes.
- 4 Meanwhile, cut tortillas into 5cm strips. Heat 2 tbsp oil in a frypan and cook until golden and crisp on both sides; set aside.
- 5 Use a stick blender or food processor to blitz the soup till smooth. Divide between bowls, garnish with cheese, tortillas, avocado and sour cream.



TIP OF THE WEEK

This soup works equally well with tinned black beans replacing the kidney beans. Make a double batch and freeze half of it.

PHOTOGRAPH BY BEN DEANLEY; FOOD PREPARATION: DOMINIQUE GERAS; FOOD STYLING AND PROP: MICHELLE FREEDY; DRINK: METEOR; DANIEL MOORE