

Spanish capsicum, cherry tomato & chorizo soup

Preparation 15 mins | Cooking 45 mins | Serves 4

1½ the olive oil

1 chorizo sausage, diced

1 red onion, finely chopped

3 garlic cloves, finely chopped

1 small Jalapeno chilli, halved lengthways and chopped + extra to serve

1 red capsicum, deseeded and finely diced

500g cherry tomatoes, chopped

4 cups chicken or vegetable stock

400g can red kidney beans, rinsed and drained

1 large ripe avocado

1 tbs lime or lemon juice

1 cup coriander leaves, chopped + extra leaves to serve

Sour cream, lime or lemon wedges and warmed tortillas, to serve

STEP 1 Heat 2 tsp oil in a large saucepan over medium-high heat. Add chorizo and cook, stirring occasionally, for 3-4 minutes until golden. Transfer to a plate lined with paper towel. Set aside.

STEP 2 Heat remaining 1 tbs oil in the pan over medium-high heat. Add onion, garlic and chilli and cook, stirring occasionally, for 3-4 minutes until onion is soft. Add capsicum and cook for 3 minutes. Stir in tomatoes and cook for 2 minutes. Add stock, cover and bring to the boil. Add beans. Reduce heat and simmer for 25-30 minutes or until vegetables are tender.

STEP 3 Meanwhile, peel, deseed and chop avocado. Place into a bowl. Add lime juice and season with salt and pepper. Gently toss to combine. Set aside.

STEP 4 Add chorizo and coriander to soup. Ladle soup into serving bowls. Serve with extra coriander leaves and jalapeno chilli, sour cream, lime wedges and tortillas.

SYDNEY MARKETS

MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN17