

# ROASTED TOMATO SOUP

Serves 2

Hands-on time: 10 minutes

Hands-off time: 35 minutes

## INGREDIENTS

350g tomatoes

1 red pepper, deseeded and quartered

1 onion, quartered

5 cloves garlic

1 red chilli

1 tsp Hinds Spices Cayenne Pepper

3 tbsp olive oil

½ tsp salt

1 tsp Hinds Spices Pure Black Pepper

¼ cup basil leaves, plus extra for the garnish

2 tbsp tomato paste

2 cups (500ml) vegetable stock

## Serving suggestion:

Toasted bread

## METHOD

1. Preheat the oven to 180°C and line a medium-sized baking tray with foil. *\*Chef's Tip: Lining the dish with foil makes for an easy clean-up!*
2. Arrange the tomatoes on the baking tray in an even layer. Add the red pepper, onion, garlic cloves and chilli in between the tomatoes.
3. Sprinkle over the Hinds Cayenne Pepper Spice and drizzle over the olive oil. Season with salt and the Hinds Spices Pure Black Pepper and stir through to coat all the vegetables.
4. Place the dish in the oven for 45 minutes or until the tomatoes are completely soft and cooked.
5. Transfer the ingredients to a blender along with the basil and tomato paste.
6. Blend on high speed for 1-2 minutes or until the tomato mixture breaks down and turns into a soup-like consistency. Add in the vegetable stock and blend again for 1-2 minutes or until the soup is rich and creamy.
7. Serve in soup bowls with fresh basil and slices of toast and ENJOY! *\*Chef's Tip: Pour leftover soup into a zip seal bag to freeze for another time! Soup can be frozen for up to a month.*



# CHICKEN & CORN SOUP

Serves 2

Hands-on time: 10 minutes

Hands-off time: 20 minutes

## INGREDIENTS

½ onion, chopped

2 tbsp (28g) butter

2 (250g) chicken breasts, cut in 2cm cubes

2 cloves garlic, crushed

1 tsp Hinds Crushed Chilli

½ tsp Hinds Spices Turmeric

½ tsp salt

½ tsp Hinds Spices Pure Black Pepper

1 cup (250ml) cream

1½ cups (375ml) chicken stock

1 tin (400g) Rhodes Quality Whole Kernel Corn

## Serving suggestion:

Fresh coriander sprigs

Toasted bread

## METHOD

1. Place a medium-sized pot over a medium-high heat and add in the butter and chopped onion.
2. Once the butter has melted, add in the garlic and chicken and allow to cook for 3-4 minutes or until the chicken has turned slightly golden brown.
3. Add in the Hinds Crushed Chilli, Hinds Turmeric spice, salt and Hinds Spices Pure Black Pepper and mix well until the chicken is covered in the turmeric.
4. Pour in the cream, chicken stock and ¾ tin of corn kernels (307g) and bring to a simmer. Save the remaining corn kernels for the garnish.
5. Allow to cook the soup for another 5 minutes. *\*Chef's Tip: Add ½ cup of water if the soup is too thick!*
6. Divide the soup between the bowls, top with fresh coriander sprigs, the remaining chilli flakes and the remaining corn kernels. Serve with toast and ENJOY! *\*Chef's Tip: Pour leftover soup into a zip seal bag to freeze for another time! Soup can be frozen for up to a month.*



# CREAMY BACON & BROCCOLI SOUP

Serves 2

Hands-on time: 10 minutes

Hands-off time: 25 minutes

## INGREDIENTS

- 1 tbsp (15ml) oil
- 200g diced bacon
- 1 small onion, chopped
- 1½ tsp Hinds Spices Pure Ground Ginger
- 2 cloves garlic, crushed
- 1 tbsp cake flour
- 1 cup (250ml) milk
- 1 cup (250ml) chicken stock
- 1 packet (250g) broccoli florets
- ½ tsp salt
- ½ tsp Hinds Spices Pure Black Pepper
- ½ cup grated cheddar cheese

## Serving suggestion:

- Chopped chives
- Toasted bread

## METHOD

1. Place a medium-sized pot over a medium-high heat and add in the oil and bacon. Allow the bacon to cook for 4-5 minutes or until crispy.
2. Remove the bacon from the pot and set aside. Place the onion in the pot and cook for 3 minutes or until translucent and softened.
3. Add in the Hinds Pure Ground Ginger Spice and the garlic and stir to combine.
4. Add in the flour and stir it into the oil. Slowly pour in the milk, stirring well until lump-free. Add in the stock and the broccoli florets and turn the heat down to a low.
5. Add half of the bacon back into the pot, cover the pot with the lid and allow the soup to simmer for 10-15 minutes, stirring every 5 minutes.
6. Once the soup has thickened and the broccoli is tender, season with the salt and Hinds Spices Pure Black Pepper and stir to combine. *\*Chef's Tip: For a smooth soup, blend for 1 minute using a stick blender.*
7. Add in the grated cheddar cheese and stir until the cheese has melted.
8. Divide the soup between 2 bowls and top with chives and the reserved crispy bacon bits. Serve with toasted bread and ENJOY! *\*Chef's Tip: Pour leftover soup into a zip seal bag to freeze for another time! Soup can be frozen for up to a month.*