



Spiced Black Bean + Chicken Soup with Kale

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 tbsp mild olive oil
- 2 fat garlic cloves, crushed
- small bunch coriander stalks finely chopped, leaves picked
- zest 1 lime, then cut into wedges
- 2 tsp ground cumin
- 1 tsp chilli flakes
- 400g can chopped tomatoes
- 400g can black beans, rinsed and drained
- 600ml chicken stock
- 175g kale, thick stalks removed, leaves shredded
- 250g leftover roast or ready-cooked chicken
- 50g feta, crumbled, to serve
- flour & corn tortillas, toasted, to serve

Directions

STEP 1

Heat the oil in a large saucepan, add the garlic, coriander stalks and lime zest, then fry for 2 mins until fragrant. Stir in the cumin and chilli flakes, fry for 1 min more, then tip in the tomatoes, beans and stock. Bring to the boil, then crush the beans against the bottom of the pan a few times using a potato masher. This will thicken the soup a little.

STEP 2

Stir the kale into the soup, simmer for 5 mins or until tender, then tear in the chicken and let it heat through. Season to taste with salt, pepper and juice from half the lime, then serve in shallow bowls, scattered with the feta and a few coriander leaves. Serve the remaining lime in wedges for the table, with the toasted tortillas on the side. The longer you leave the chicken in the pan, the thicker the soup will become, so add a splash more stock if you can't serve the soup straight away.

