



Recipe created by Roberta Asher
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Serves: 10 (200ml per serve)

Time to prepare: 20 mins

Time to cook: 10 -15 mins

Hands on time: 25 mins

Freeze: Yes

Ingredients

- 1 brown onion
- 1 bunch coriander
- 2 cloves garlic
- 1 whole fresh lime (juice and zest)
- 500g skinless chicken thighs
- Salt (less than ¼ teaspoon) and pepper
- 1 x 400g can black beans
- 1 tablespoon extra virgin olive oil
- 1 tablespoon paprika
- 1 teaspoon cumin
- 2 teaspoons ground coriander
- 1 x 400g can diced or whole tomatoes
- 1 litre reduced salt chicken stock

NUTRITION INFORMATION

Per 200ml serve

| | |
|---------------|------------------|
| Energy | 480 kJ / 115 cal |
| Protein | 11 g |
| Carbohydrate | 5.8 g |
| Dietary Fibre | 3.1 g |



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Method

PREPARE

1. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely. Put on a plate.
2. Wash the **coriander** and dry in a salad spinner or in a colander. Roughly chop the leaves and stems, discard the roots. Add to the plate of onion.
3. Crushed the **garlic** in a garlic crusher or finely minced on a handheld grater. Add to the plate of onion and coriander.
4. Finely grate the **lime** zest with a hand-held grater or box grater. Add to the plate.

Chef's tip: To grate lime zest wash the fruit well under cold running water. Grate only the coloured part of the rind. When you see the white "pith" stop grating as the pith tastes bitter and unpleasant.

5. Trim the fat off the **chicken thighs** and sprinkle with pepper and a small amount of salt on both sides.
6. Place the colander in the sink to drain and discard the liquid from the **black beans**.

COOK

7. Heat the **extra virgin olive oil** in a wide saucepan on a medium- high heat. Add the **chicken thighs** and cook until brown on both sides.
8. Remove the **chicken thighs** from the pan, add the **onion** and **coriander leaves** and stems and cook until the onion softens.
9. Add **garlic**, spices (**paprika**, **ground cumin**, **ground coriander**) and **lime zest** and continue to cook for 1 or 2 minutes until the spices become fragrant.
10. Add **black beans**, **tomatoes**, **stock** and **chicken**. Bring to a boil then immediately turn the heat down so that it is just bubbling. Using a ladle scoop off any foam that has appeared on the surface, then discard.
11. Simmer for ~ 10 minutes. Check that the **chicken** is cooked by inserting a knife into the thickest part and look to see that no pink undercooked chicken remains. If needed, continue to simmer until the chicken is cooked through.
12. Blend until smooth using a blender or hand- held blender.

Safety tip: Be very careful when pureeing hot soup as the steam can cause the soup to spray everywhere! Before blending let the soup cool down so that steam is no longer rising from it. Do not fill the jug or bowl more than halfway. Start the blender or hand-held blender on the lowest setting possible. If you are using a blender remove the small insert in the top of the lid and place a clean folded tea towel over the remaining hole in the lid to stop the soup from spraying out. If you are using a hand-held blender with a jug you can place folded tea towel over the opening at the top of the jug to stop the soup from spraying out.

13. Cut the **lime** in half and juice. Add the lime juice to the soup just before serving.
14. Serve 200ml in a bowl with extra **lime juice** if you want.

