

# Chicken Mexican-Style Soup with a Zingy Coriander Vinaigrette

By Ashley Alexander

# Gather & Feast

Here's an easy, healthy, and vibrantly flavour-packed soup recipe you'll want to make again and again. It's perfect for family meals or casual get-togethers and is a regular feature on our kitchen table. It makes the perfect "anytime of year" soup – hearty and warming for the cooler months, yet fresh and zingy enough for the warmer ones. It's just perfect!

**SERVES** 4-6 | **PREP TIME** 10 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 40 minutes

## INGREDIENTS

### Soup

- 3 tablespoons extra virgin olive oil
- 500g chicken mince
- 1 red onion, finely diced
- 5 cloves garlic, crushed or finely grated
- 3 teaspoons smokey paprika
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1/2 teaspoon ground cinnamon
- 3 corn cobs, kernels sliced off, or roughly 2 cups frozen corn kernels if fresh isn't available
- 1 x 790g can crushed tomatoes
- 790g water (or stock or broth), simply fill the empty tomato can with water to measure
- Spoonful of broth or stock concentrate (if using water and not stock)
- 1 x 400g can butter beans, drained
- 1 x 400g can borlotti beans, drained
- 3 large handfuls tuscan kale, roughly shredded
- Sea salt
- Freshly cracked black pepper



### **Coriander vinaigrette**

- 1 large bunch fresh coriander, roughly 3 large handfuls, stalks and leaves (NOTE: keep a handful of leaves aside to add to the soup and for garnish)
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- Juice of 1/2 fresh lime
- 1 small clove fresh garlic
- 1 tablespoon pure maple syrup (or 1/2 teaspoon castor sugar)
- Generous pinch of salt

### **Topping**

- 1 avocado, diced or roughly mashed and with the juice of 1/2 a lime squeezed over
- Thick unsweetened Greek yoghurt

## **METHOD**

### **Soup**

1. Place a large deep pot onto medium heat, add the olive oil, chicken mince, and a generous pinch of salt.
2. Cook until the chicken mince develops some golden bits and is mostly cooked through.
3. Reduce the heat slightly and add the diced red onion, garlic, smoky paprika, dried oregano, cumin, coriander seed, and cinnamon.
4. Sauté for a few minutes until the onion has softened, and the spices become aromatic.
5. Add the corn kernels and stir to combine.
6. Incorporate the crushed tomatoes, water or stock, butter beans, borlotti beans, and shredded kale. Stir to combine.
7. Simmer on low heat for 15-20 minutes.
8. Add a handful of coriander leaves, stir to combine, and remove from the heat.
9. Taste for salt and adjust as needed.

### **Coriander vinaigrette**

1. While the soup is simmering, let's make the vinaigrette.
2. Add all the vinaigrette ingredients to a blender and blend until smooth.
3. Adjust consistency with a little extra water or olive oil, depending on the amount of coriander used.
4. Taste for salt and adjust as needed, then set aside.

### **To serve**

1. Ladle the soup into bowls.
2. Top with a dollop of thick unsweetened Greek yoghurt, a scoop of the avocado and lime mixture, a few fresh coriander leaves, and a generous drizzle of that beautiful coriander vinaigrette. Enjoy!

## **NOTES**

For a dairy-free option, substitute thick unsweetened coconut yogurt for the topping.

The coriander vinaigrette can be prepared a day or two in advance and stored in the fridge. It will keep well in an airtight container or jar for up to 5 days.

This soup is perfect for meal prep. Store it in an airtight container in the fridge for up to three days, or freeze it in portions. Then, add the fresh toppings once the soup has been reheated.

If fresh corn isn't available, frozen corn kernels are a convenient substitute.

A little reminder to taste the soup before serving and adjust the seasoning with salt and pepper as needed. The balance of flavours can vary depending on the brand of canned tomatoes and personal preferences.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/chicken-mexican-style-soup-zingy-coriander-vinaigrette>*

Let me know if you make the recipe! x **@gatherandfeast**