



## Mexican roast chicken & tomato soup

READY IN



75 min.

SERVINGS



4

CALORIES



1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 kg tomatoes ripe halved
- ☐ 2 onion cut into wedges
- ☐ 1 medium chicken
- ☐ 2 tbsp olive oil for shallow frying
- ☐ 3 garlic clove roughly chopped
- ☐ 3 pepper flakes red deseeded roughly chopped
- ☐ 1 tbsp coriander seeds crushed
- ☐ 400 g black bean garlic sauce drained and rinsed canned
- ☐ 1 lime zest

- ☐ 4 tbsp chipotle paste
- ☐ 3 corn tortillas cut into triangles
- ☐ 1 large handful cilantro leaves chopped
- ☐ 2 avocado peeled cut into bite-sized pieces
- ☐ 200 ml cream

## Equipment

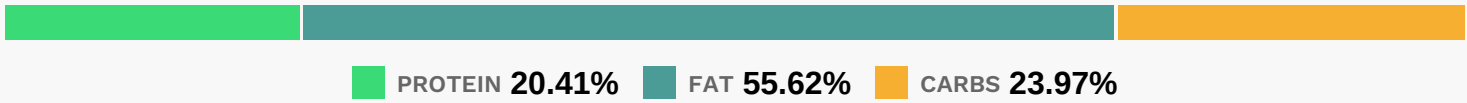
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the tomatoes, cut-side up, in a large roasting tin with the onions and top with the chicken pieces. Season generously and drizzle over 1 tbsp of the olive oil. Roast for 45 mins until the chicken is crisp and tender, and the tomatoes start to caramelise.
- ☐ When the chicken is ready, remove from the oven to a plate and cover with foil. Use a slotted spoon to transfer the tomato and onions to a food processor and blitz until smooth. Reserve the cooking juices from the roasting tin.
- ☐ Heat the remaining oil in a medium saucepan and fry the garlic, chillies and coriander seeds for a few mins until just brown. Pull the meat from the chicken bones, tear into chunks and mix with the beans, lime zest and chipotle paste.
- ☐ Add this chicken mix to the pan but reserve one-third of it.
- ☐ Pour the soup into the pan and add enough of the cooking juices until you get a nice consistency.
- ☐ Heat a few inches of oil in a small saucepan, then carefully shallow-fry the tortilla pieces in batches until crisp.
- ☐ Drain on kitchen paper.

- ☐ To serve, gently reheat the soup, season to taste and stir through the coriander. Top with the reserved chicken mix, avocados and lime juice.
- ☐ Serve with the tortilla chips and soured cream, if you like.

## Nutrition Facts



### Properties

Glycemic Index:73.63, Glycemic Load:11.21, Inflammation Score:-10, Nutrition Score:45.81130442412%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg

### Nutrients (% of daily need)

Calories: 1014.78kcal (50.74%), Fat: 64.53g (99.27%), Saturated Fat: 16.47g (102.96%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 41.9g (15.24%), Sugar: 28.22g (31.36%), Cholesterol: 171.51mg (57.17%), Sodium: 193.08mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.27g (106.54%), Vitamin C: 123.59mg (149.8%), Vitamin B3: 17.84mg (89.18%), Vitamin A: 4238.77IU (84.78%), Fiber: 20.68g (82.72%), Vitamin B6: 1.56mg (78.04%), Vitamin K: 66.71µg (63.54%), Potassium: 2069.34mg (59.12%), Phosphorus: 562.89mg (56.29%), Selenium: 31.98µg (45.69%), Manganese: 0.88mg (43.82%), Folate: 173.21µg (43.3%), Vitamin E: 6.23mg (41.54%), Vitamin B5: 3.84mg (38.38%), Magnesium: 146.6mg (36.65%), Iron: 6.48mg (35.98%), Vitamin B2: 0.58mg (34.1%), Copper: 0.64mg (31.97%), Zinc: 4.48mg (29.87%), Vitamin B1: 0.41mg (27.41%), Calcium: 171.97mg (17.2%), Vitamin B12: 0.69µg (11.54%), Vitamin D: 0.38µg (2.54%)