

A top-down view of a bowl of sweetcorn soup. The soup is a vibrant yellow color and has a smooth, creamy texture. In the center of the bowl, there is a garnish consisting of several pieces of blue cheese and some corn kernels. The bowl has a light-colored interior and a dark brown rim. The background is a light grey, textured surface.

Sweetcorn soup

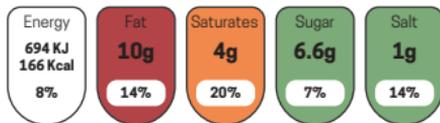
WAYS  WELL

Sweetcorn soup

Vegetarian | 1 of 5 a-day

SERVES 5

Per Average Serving



Of an adult's Reference Intake (84000kJ / 2000Kcal)
Typical values per 100g: Energy 288kJ/69Kcal

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INGREDIENTS:

500g Corn on the cob
145g Mixed apples
90g White onions
150g Potatoes
65g Celery
5g Garlic

5g Fresh Thyme
1tbsp Rapeseed oil
1500ml Water
Salt
White Pepper
1 Spring onion

9g Green chilli
5g Fresh parsley
1 Lemon
150g Creme fraiche

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METHOD:

1. First prepare the corn on the cob by removing from the husk and cutting the corn off from the cob, then set aside. Peel, core and dice the apples. Then peel and dice the onions, potato and celery. Finally peel and grate the garlic, pick the thyme leaves and chop.
2. Heat the oil in a large pot over medium heat. Add the onion and celery, cook stirring occasionally for 5 minutes or until the onion is a soft and light brown colour. Next add the sweetcorn, garlic, thyme and potato to the pot. Sauté for 3-4 mins, then add the apple, cook out for 1-2 minutes.
3. Pour in the water. Bring mixture to a boil, season with 6g salt, white pepper and taste.
4. Reduce to a low heat, cover and simmer for 20-25 minutes or until the vegetables and apples are tender. Puree the soup in a blender or with a stick blender. Taste the soup again and adjust the seasoning if needed. Set aside.

For the creme fraiche salsa

5. Peel and finely chop the spring onions, deseed the green chilli and finely chop, also finely chop the parsley. Zest and juice the lemon. Add all to the creme fraiche with the remaining salt and mix well.
6. Serve the soup hot with a topping of the salsa.