



## Corn and Roasted Red Pepper Soup

### Ingredients

- Peppers, Sweet, Red, Raw
- g MAGGI Oil Free Dressing French
- g Oil, Olive, Salad Or Cooking
- g Garlic, Raw
- g Onions, Raw
- g Spices, cumin seed
- g Spices, Paprika
- g Corn, sweet, yellow, frozen, kernels on cob, unprepared
- g Soup, stock, chicken, home-prepared
- g MAGGI Chilli Original Sauce
- mL MAGGI Lazenby Worcester Sauce
- g Spices, Pepper, Black
- g Coriander (Cilantro) Leaves, Raw

### Instruction

1. Pre-heat the oven to 200°C and spray a large baking sheet with non-stick spray.
2. Deseed the red peppers and quarter them, removing as much of the pith as possible
3. Brush all sides of the peppers with the Maggi Oil Free Salad Dressing and place on the baking sheet
4. Roast the peppers for 15-18 minutes until they start to char and soften
5. Meanwhile in a large pot heat the olive oil over a medium high heat
6. Add the garlic, onions and spices and fry for 5-8 minutes until the onions start to soften
7. Add the frozen corn and fry on a high heat for 3-4 minutes. Remove  $\frac{1}{4}$  of the corn and set aside.
8. Add the roasted peppers, stock, chili sauce and Maggi Lazenby Sauce to the pot and bring to a slow simmer. Allow to simmer for 15 minutes.
9. Season with pepper to taste.
10. Place the mixture in a blender and blend until smooth
11. Return to the pot and stir in the reserved corn and coriander
12. Serve immediately.

### Nutrition

Carbohydrates	40.02 g
Energy	524.58 kcal
Fats	6.55 g
Protein	6.94 g

85 Minutes

10 Portions