



Sopa de México



+/- 400 calories

Preparation time: 30-45 min

Cooking process

Cut the vegetables and herbs to the desired size. For the onion, cut the onion super fine, add the juice of a whole lime and a good pinch of salt. Let this stand in the fridge for at least one hour. Make a larger stock because you can keep this for a reasonably long time. Preheat the pan and add the oil. When the oil is hot, fry the onions then the garlic, the ginger and the turmeric. Add the water and bring it to a boil. Add the soy sauce, salt, the lime zest, and the coriander stems (without the leaves), the celery and the potatoes. If the potatoes are almost fully cooked, preheat the frying pan, when it's hot, add the oil. When the oil starts to smoke slightly, add the garlic and almost immediately the chicken. You can immediately season the chicken with salt and paprika powder. When the chicken is almost done add the soy sauce and reduce the heat and put a lid on it.

Cooking necessities

- Soup pan
- Frying pan
- Trays
- Cutting board
- Knife

Ingredients

For two persons:

For in the soup

- 1/2 onion
- 2 two cloves of garlic
- 1/4 pepper (spicy)
- 2 teaspoons of ginger
- 1 teaspoon of turmeric
- 2 potatoes (Medium small)
- 1 stalk of celery
- 2 tablespoons finely chopped coriander stalks
- 1/2 tablespoon of soy sauce (to your own taste)
- Pinch of salt (to your own taste)
- Peel of lime.

For the chicken:

- 200 grams thinly sliced chicken
- 1/2 tablespoon of oil
- 1 clove of garlic
- 1 1/2 teaspoon of paprika powder
- 1/2 tablespoon of soy sauce
- Pinch of salt



Sopa de México



For the onion:

- Finely chopped half onion
- Juice of a whole lime
- Pinch of coarse salt

For decoration

- 1/2 avocado
- Coriander leaves
- Paprika
- Tostada de maiz

