

Chicken and Sweetcorn Soup

A healthy home-made version of the classic Chinese take-away soup. A great way to use up left over chicken too. Serves 6.

Ingredients

- 15ml vegetable oil
- 2 cloves garlic
- 2.5cm piece of ginger
- 15ml light soy sauce
- 300g sweetcorn (frozen or canned)
- 1.5 litres vegetable stock
- 3 tbsp cornflour
- 2 chicken breasts
- 2 eggs
- 1 tbsp sesame oil
- 2 spring onions



Method

- Place the chicken breasts in a large skillet or saucepan and cover with water.
- Bring to the boil and simmer (poach) covered until the chicken is cooked through – around 10-15 minutes – then drain and set aside.
- Meanwhile, peel and finely chop the garlic and ginger.
- Shred the chicken breasts and set aside.
- Thinly slice the spring onions and set aside.
- Beat the eggs with a fork or whisk until the yolk and whites are well combined, set aside.
- Heat the oil in a large saucepan and fry the ginger and garlic for a minute until fragrant.
- Add the sweetcorn and soy sauce and continue to fry for a further 5 minutes, stirring regularly.
- Pour in the stock and bring up to the boil.
- Create a slurry by mixing the cornflour with enough water to make a paste in a small bowl.
- Slowly add the slurry in a thin drizzle to the soup while stirring – the soup should start to thicken.
- Stir in the chicken.
- Slowly drizzle the whisked eggs into the soup and use a spoon, moving it back and forth across the top of the soup, to slowly break up the egg as it cooks, and form it into 'strings'.
- To serve, finish off the soup with a splash of sesame oil and sprinkle with the spring onions – add a little more soy sauce to taste.