



HELPING KEEP TASSIE KIDS HEALTHY!

Chicken and Corn Soup | **Green recipe**

Prep time 20 minutes
Cooking time: 40min
Serves 8-10

Ingredients:

8 cups chicken stock (2 tbs Chicken powdered stock or 2 stock cubes and 8 cups water)
800g chicken thigh meat – chopped in small pieces
2 tsps grated fresh ginger
2 x 420g can creamed corn
2 x 300g can corn kernels, rinsed, drained
2 egg whites - optional
12 green shallots, thinly sliced
1 tbs cornflour
¼ cup water
1 tbs light soy sauce

Method:

Place the stock and the 8 cups of water, and chicken and bring to the boil.
Reduce heat to low and add rest of ingredients except for egg whites, shallots, cornflour, extra water and soy sauce. Cook for 30 mins.
Mix extra water and cornflour and add to thicken.
Use a fork to whisk the egg whites in a small bowl. Gradually pour the egg whites into the soup, stirring constantly with a wooden spoon.
Cook for 2 mins or until white ribbons swirl through the soup. Remove from heat and stir in soy sauce and shallots.
Serve.