



Chicken & Corn Soup

Serves 4



INGREDIENTS

- 2 corn cobs, husks and silks removed
- 3cm piece ginger, finely grated
- 1 garlic clove, crushed
- 2 spring onions, thinly sliced diagonally
- 250g canned creamed corn
- 2 tsp salt-reduced soy sauce
- 1L salt-reduced chicken stock
- 2 cups cooked chicken, shredded
- 2 free range egg whites, beaten lightly

DESCRIPTION

Looking for an easy wintry midweek meal? Go for our cosy chicken and corn soup recipe to master a warming Asian classic.

- Mount with oil and mix with a wire whisk.
- Place in squirt bottle and drizzle over greens, garnish with fresh local raspberries.

METHOD

Step 1

Cut kernels from corn. Heat oil in a large non-stick saucepan over medium heat. Cook kernels, ginger, garlic and half the onion, stirring, for 2 minutes or until fragrant.

Step 2

Add creamed corn, soy and stock, then bring to the boil. Add chicken. Reduce heat to low, simmer, uncovered, for 8 minutes or until hot. Gradually stir in egg white. Remove pan from heat. Divide soup among bowls and serve sprinkled with remaining onion.

Bon Appetit!

[Visit our blog](#) for more inspiring Living Loving Local meal ideas from Verve Senior Living.