CHICKEN & SWEETCORN SOUP



INGREDIENTS

- 2 cups chicken stock
- 400ml can of creamed sweet corn
- 1 tsp soy sauce
- l tsp ginger; fresh or powder
- l clove garlic, crushed
- I tsp of corn flour mixed with a dash of water
- 2 chicken thighs
- 3 tbsp of sliced spring onions
- Salt and pepper

DIRECTIONS

- 1. Add chicken stock to a saucepan and bring to boil.
- 2. Place chicken thighs into chicken stock and cook for approximately lOmin, or until cooked through, on medium heat.
- 3.Once cooked, remove chicken thighs and put aside to cool. When cool enough, cut into small pieces.
- 4. Add sweet corn, soy sauce, ginger, garlic and corn flour to the stock and cook over high heat.
- 5. Once the mixture is boiling, reduce heat to medium and cook for 5 minutes.
- 6. Stir in the cooked chicken along with the spring onions. Cook for 1-2 minutes.
- 7. Add salt and pepper if needed and serve. Serves 6.

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