



Chicken and corn soup

Ingredients

600g chicken breast fillets
2 x 420g cans cream corn
4 x 35g chicken stock cubes
(or stock powder to taste)
crumbled into 1 ½ litres (6 cups)
of water, or equivalent chicken stock
2 tablespoons corn flour
3 green spring onions, finely sliced
3 eggs, lightly beaten

Method

- ▣ Trim any fat or sinew from chicken. Cut into thin strips.
- ▣ Combine corn and stock cubes in a large saucepan over high heat. Bring to boil.
- ▣ Blend corn flour with ¼ cup of water in a small jug and set aside.
- ▣ Add chicken. Return to boil. Gently boil uncovered stirring occasionally for about 7 – 10 minutes or until chicken is cooked.
- ▣ Stir in corn flour mixture and spring onions. Cook stirring for one minute or until soup boils and thickens.
- ▣ While stirring soup in a circular movement, slowly pour in beaten eggs in a thin stream. Bring to boil. Cook a further one minute or until hot.
- ▣ Serve soup topped with extra green spring onions.



Makenzie and support worker Wayne chat over her soup.

