

# Chicken & Sweetcorn Soup

## Ingredients

- 1 Chicken Breast – approx. 250g
- 1litre Water
- 1tsp Diced Garlic
- 3 Medium Spring Onion – 30g
- 100g Sweetcorn
- 1 Small or Medium Egg
- 2 tsp Cornflour
- Knorr Chicken Stock Cube
- Black Pepper
- Knob of butter or splash of Extra Virgin Olive Oil

## Options

- This is a pretty traditional recipe and I really don't have many variants of this.

## Equipment

- Sharp knife
- Kitchen scissors
- Large Saucepan
- Spatula

## Preparation

- Get the ingredients and equipment to hand
- Dice the spring onion



## Method

Add a splash of rapeseed or sunflower oil to the bottom of the pan and heat gently.

Add the chicken.

If you are using chicken breasts, use a fork to hold the chicken and the scissors to cut the chicken, right into the pot. Do not wash the chicken.

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Use a spatula or two forks to split the chunks of cooked chicken into fine shreds.

*Tip: Cheap chicken gives off a lot of water and white gunk so you might want to pour off some of that liquid.*



Add the water and stock cube to the pot and simmer for 10 minutes.

Add the cornflour to a mug with a splash of water and mix to a smooth paste. Add to the pot.

Add the spring onion and sweetcorn.

Return to the boil and simmer for a further 5 minutes.

Beat the egg in a bowl.

Gently pour the egg into the pot, moving it gently with the spatula until you see the strings of cooked egg appear. Don't over mix the egg in the soup pot as the strings will break up.

Taste and season as required. Probably does not need salt but a little black pepper works for me.

## Portions

Number of portions	4
Final Portion Size	275g
Storage Container	Large Plastic

## Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

## Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

*If reheating from frozen, increase heating times.*

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

You can garnish with some shredded spring onion.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Spring Onions

## Dicing Chicken

Use a fork to hold the chicken breast over the pot and cut into rough chunks with the kitchen scissors, directly into the pan.

### Safety Tip

**Reduce the Risk of Cross-Contamination & Food Poisoning**

Do not wash the chicken.  
Put the fork and scissors right into the dishwasher or a basin of hot water.  
Wash your hands.



*A thick version of the soup that can give more portions with the same great taste if you add a little extra water.*