

Chicken and Corn Soup

Dairy free
Gluten free



Serves

6

Cooking time

30

Veg per serve



3



TIP

Leftover soup
can be frozen
for later.



Ingredients

1 onion
1 carrot
2 spring onions
400g can corn kernels
Spray oil
6 cups water
1 tablespoon chicken
stock powder

400g can creamed corn
1 cooked chicken breast
shredded (250g)
2 eggs
Pepper (to taste)

Equipment

Knife
Ladle or large spoon
Chopping board
Strainer
Frypan
Large spoon
Measuring cups
Measuring spoons
Small bowl
Fork



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How to make it



1. Chop onion, carrot and spring onions into small pieces. Drain the canned corn kernels using a strainer.



2. Spray frypan with oil and turn onto medium-high heat. Add onion and carrot and cook for 5 minutes or until soft.



3. Add 6 cups water, 1 tablespoon stock powder and drained corn kernels to the frypan. Once water is boiling, add creamed corn, shredded chicken and mix.



4. In a small bowl, crack 2 eggs and mix with a fork. Slowly pour eggs into the frypan while stirring. Turn off the heat.



5. Add spring onions and pepper. Serve soup into bowls using a ladle or large spoon.



nom!