



Chicken and Corn Soup

Recipe by Chelsea Goodwin,
from [‘Money-saving Meal Plans with Chelsea’](#)



Serves 4-5



Prep: 10 minutes

Cook: 15 minutes

INGREDIENTS

- 1 teaspoon finely grated fresh ginger
- 1½ to 2 cups shredded cooked chicken
- 2 eggs, beaten
- 3 tablespoons cornflour
- 4 cups (1 litre) chicken stock
- ¾ teaspoon sesame oil
- 1 teaspoon light soy sauce
- ¼ teaspoon black pepper
- 400g tin creamed corn
- 400g tin corn kernels, drained

To serve:

- 1 green onion/spring onion (dark part), thinly sliced

DIRECTIONS

Prep:

1. Finely grate the ginger and thinly slice the dark part of the green onion.
2. Beat the eggs in a bowl and set aside.
3. Make a cornflour slurry by mixing 3 tablespoons cornflour with ¼ cup (60 ml) water in a bowl.

Cook:

1. Combine the stock, ginger, sesame oil, light soy sauce and black pepper in a medium saucepan over medium-high heat. Bring to the boil and then reduce the heat to medium-low.
2. Add the creamed corn, corn kernels and shredded chicken and simmer for 5 minutes.
3. Give the cornflour slurry a good stir and then add it to the soup. Cook for a couple of minutes, stirring occasionally, until the soup thickens.
4. Slowly drizzle the beaten egg into the soup, making a circular pattern to form ‘ribbons’ as it cooks in the hot soup. Gently stir through.
5. Taste and add more pepper or soy sauce (for saltiness) if needed. Ladle into bowls and garnish with sliced green onion.



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