

Chicken & Sweetcorn Noodle Soup

Ingredients

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- 2 carrots, sliced
- 2 leeks, sliced
- 200g sweetcorn
- 200g noodles
- Small bunch of parsley, leaves torn off and stalks retained for the stock.

For the stock

- 2 onions, quartered
- 1 leek, cut into chunks
- 2 carrots, thickly sliced
 - 2 bay leaves
- 6 black peppercorns
 - Parsley stalks
- 4 celery sticks, sliced
- 1 vegetable stock cube
 - 2 chicken portions

Method

1. Put all the stock ingredients into a large pot and cover with 2.5 litres of water.
2. Bring to the boil and then cover for 45 minutes.
3. Remove the chicken and set aside.
4. Strain the stock through a sieve.
5. Put the stock back into the pot and simmer on a high heat. Add the carrots and leeks and simmer for 10 minutes.
6. Meanwhile shred the meat from the chicken. Add to the pot with the sweetcorn. Add the noodles and simmer for about 5 minutes.
7. Serve sprinkled with the parsley.