

Chicken & Sweetcorn Soup

The finer details*

Nutritional values per serving:

Calories: 175-200kcal

Carbs: 17.5-20g

Fat: 4-5g

Protein: 17.5-20g

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Ingredients



- 1 cooked chicken breasts, poached or roast
 - 750ml of chicken stock
 - 2 garlic cloves crushed
- 1 tin of sweetcorn, 400g approximately
 - 3 sticks spring onions chopped
 - 2 tsp cornflour
 - 2 dashes light soy sauce
 - 1 pinch salt & pepper
- 2 pinches parsley or coriander

Method

1. In a pan, bring the stock, garlic, 2 chopped spring onions, and herbs to a boil.
2. Reduce the heat, add the drained sweetcorn, and simmer for 10-12 minutes.
3. Mix a little cold water with cornflour to create a smooth paste.
4. Add the cornflour mixture to the pan and stir until the soup thickens.
5. Shred or chop the cooked chicken breast and add it to the pan. Cook for an additional 2 minutes.
6. Divide the soup into two bowls, garnish with more spring onions, season to taste, and serve with crusty bread.
7. Optional: For a more authentic Chinese-style soup, you can mix in an egg once the soup thickens.

**This recipe was generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the accuracy of its ingredients, instructions, or nutritional information. Please use common sense when cooking this recipe.*