



## Chicken and Corn Soup

with Veggie 'Noodles'



20-30min



4 Portions

Chicken and sweet corn soup: it's a comforting combination that's hard to beat. So why re-invent the wheel? We've just given the classic a 2019 tweak and swapped wheat noodles with good-for-you vegetable 'noodles' and added a little mint for freshness. You won't even notice the extra veggies but your body will.

## What we send

- 11

## What you'll require

- egg <sup>3</sup>
- sea salt and pepper
- soy sauce <sup>6</sup>
- water

## Utensils

- fine grater
- large saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It's important not to have the water boiling while cooking the chicken or it may become tough. Remove the chicken from the water after the standing time or it may become dry.

## Allergens

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 480kcal, Fat 16.3g, Carbs 32.0g, Proteins 46.1g



### 1. Prepare poaching mixture

Peel the **ginger** and cut into very thin matchsticks, or finely grate. Thinly slice the **garlic**. Put the ginger, garlic, **chicken** and **stock cubes** in a large saucepan.



### 2. Poach chicken

Add **1.5L (6 cups) water** to the pan. Cover, bring to a simmer (do not boil), reduce heat to low and cook, turning once, for 8 mins. Remove from the heat and stand, covered, for 8 mins or until chicken is cooked through (see cooking tip). Remove the **chicken**, reserving poaching liquid, and cover to keep warm.



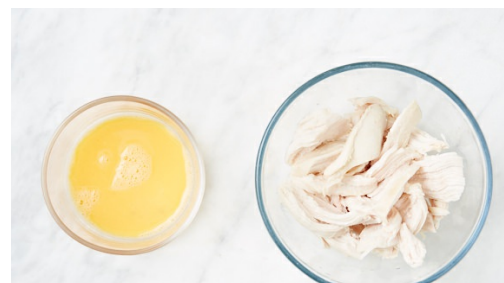
### 3. Prepare zucchini noodles

Meanwhile, thinly slice the **zucchini** lengthwise. In batches, stack a few slices, then cut into thin 'noodles'. Or, use a julienne peeler.



### 4. Prepare vegetables

Using the same method, cut the **carrots** into 'noodles'. Discard the husk and silks from the **corn cobs**, then slice off the kernels. Finely shred the **mint** leaves, discarding the stems.



### 5. Shred chicken

Bring the reserved poaching liquid to the boil over high heat. Meanwhile, shred the **chicken** into small chunks. Lightly beat **3 eggs** in a small bowl. Add the **carrot** and **corn** to the boiling soup and cook for 1 min.



### 6. Get ready to serve

Add the **egg** to the **soup** and stand, without stirring, for 20 secs, then stir the egg strands through the soup. Remove from the heat and stir in **zucchini, chicken, 1 1/2 tbs sesame oil** (the remaining sesame oil won't be used in this dish) and **2 tsp soy sauce**. Taste and season with **salt and the white pepper**. Divide **soup** among bowls and scatter with **mint** to serve.