



## Corn and Chicken Soup

from Three Veg and Meat Cookbook



20-30min



4 Portions

Marley Spoon's Culinary Director, Olivia Andrews, shares an exclusive recipe from her new cookbook, Three Veg and Meat. Which shows that by flipping the balance on our plates and making vegetables the star, you'll be doing better for your body, budget and the planet. This classic favourite, chicken and corn soup, has been reimagined to deliver almost 3 serves of veg per serve, using half the no...

## What we send

- 17
- 11
- coriander
- 3 spring onions
- 2 garlic cloves

## What you'll require

- egg <sup>3</sup>
- soy sauce <sup>6</sup>
- water

## Utensils

- fine grater
- large saucepan
- medium saucepan with lid

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

## Cooking tip

Simmering the chicken in the broth is a gentle cooking process - make sure the water doesn't boil and reduce the heat as soon as the broth comes to a simmer or the chicken will become tough.

## Allergens

Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 540kcal, Fat 13.2g, Carbs 75.5g, Proteins 26.1g



### 1. Prepare corn

**Read through the recipe.** Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Discard the husk and silks from the **corn** and slice the kernels from the cobs. Cook the **rice** in the boiling water for 25 mins or until tender.



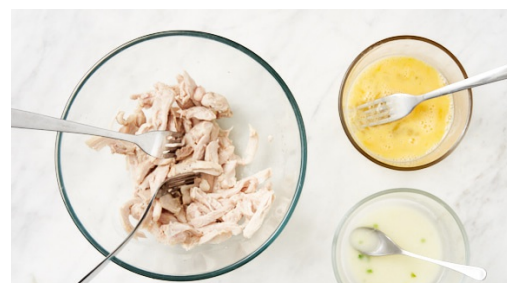
### 4. Soak baby corn

Meanwhile, drain the **baby corn** and quarter on an angle. Put in a large heatproof bowl, cover with boiling water and set aside until needed. Using a stick blender, pulse the soup 3-4 times, leaving some corn kernels whole. (Blending the soup is optional. Leave it whole, if preferred.)



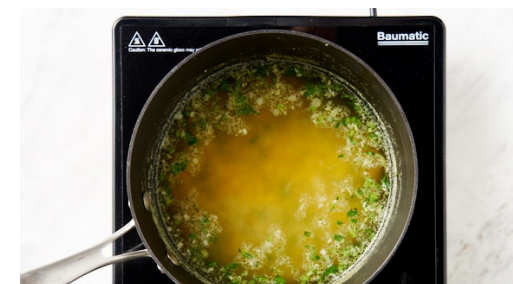
### 2. Prepare aromatics

Meanwhile, pick **half the coriander sprigs** and set aside. Finely chop the **remaining coriander**, including the stems. Thinly slice the **dark green part of the spring onions**. Finely chop the **white part of the spring onions**. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**.



### 5. Shred chicken

Using 2 forks, shred the **chicken**. Crack **2 eggs** into a bowl and lightly beat. Mix the **cornflour** with **2 tbs of the broth** in a separate bowl to make a smooth liquid paste. Stir the **cornflour liquid paste** into the **soup** until combined. Drain the **baby corn**. Stir the baby corn, **rice** and **1 tbs soy sauce** into the soup.



### 3. Simmer broth

Crumble the **stock cubes** into a large saucepan and add **2L (8 cups) water**. Add the **chicken, corn kernels, chopped coriander, white spring onion, garlic** and **ginger** and bring to a simmer over medium heat (see cooking tip). Reduce the heat to low and cook for a further 2 mins, then immediately transfer the chicken to a bowl using tongs. Rest for 5 mins.



### 6. Get ready to serve

Return the **chicken** to the **soup** and cook for 1 min or until heated through. Slowly pour the **egg** into the soup, waiting until it's completely poured in, then very gently stir to swirl through the soup. Divide the soup among bowls. Drizzle with the **sesame oil** and season with the **white pepper**. Scatter over the **green spring onion** and **coriander sprigs** to serve.