



ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 10 mins

Cook time: 30 mins

Serves: 6

INGREDIENTS

- 3 large chicken thighs
- 1 large onion
- 1tbsp crushed ginger
- 1 lt chicken stock
- 1 lt water
- Few sprigs parsley, finely diced
- Pink salt and pepper to taste
- 1 can corn kernels
- 1 can creamed corn
- 2 tbsp arrowroot mixed with ½ cup cold water
- 2 eggs, whisked in 200mls water
- 4 shallots, thinly sliced

METHOD

- Place chicken, onion, ginger, stock, water, parsley, salt and pepper into large pot.
- Bring to the boil, reduce heat and simmer until chicken is cooked, about 20 minutes.
- Remove chicken and shred, return to pot.
- Add both cans of corn and simmer for 5 minutes.
- Stir in the arrowroot mixture while stirring until thickened a little.
- Slowly pour the egg mixture in a thin stream, into the soup while stirring.
- Ladle into soup bowls or tureen and top with shallots.

CHICKEN AND CORN SOUP

