

Chicken & Sweetcorn Soup

A soup can be warming and comforting as well as cooling and refreshing.

It doesn't matter what time of the year it is, a big bowl of soup is always a good idea, especially when it's accompanied by some beautiful fresh crispy bread for dipping into.



Serves: 4

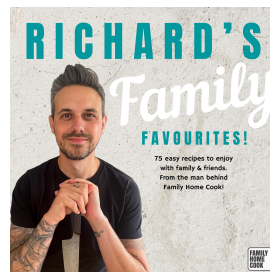
Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 40 minutes

Ingredients

- 2 chicken breasts.
- 340 g canned sweetcorn.
- 400 ml of coconut milk.
- 500 ml of chicken stock.
- 1 onion, roughly chopped.
- 1 stick of celery, roughly chopped.
- 1 carrot, roughly chopped.
- 1 thumb piece of ginger, roughly chopped.
- 2 garlic cloves, roughly sliced.
- 1 tbsp of soy sauce.
- 2 tbsps of toasted sesame seed oil.



Find this recipe on
page 136 of [my book](#).

Method

- Place the onions, celery, carrots, ginger and garlic into a large saucepan with a good drizzle of oil. Season with salt and pepper and cook over low heat for 10-12 minutes.
- Next, pour in the coconut milk, stock, soy and 1 tsp of the sesame seed oil. Bring up to a boil then reduce to low heat. Add the chicken and simmer for 15 - 20 minutes depending on the size, or till the chicken is cooked.
- Once the chicken is cooked, remove and using a couple of forks shred the chicken and place it to one side. While you do that place half of the sweetcorn into the saucepan and simmer for another 5 minutes.
- Now, using a handheld stick blender whizz till smooth. Check for seasoning then finally add the remaining tsp of sesame oil. Return the chicken and the rest of the sweetcorn and give it another couple of minutes so that the chicken gets warm again. I like to serve it with a few fresh herbs and a drizzle of hot sauce.