

CHINESE CHICKEN AND CORN SOUP



Category: Soups and Stocks

Additional information Non alcoholic, Diabetics suitable, Lactose free

Created: on 2015-07-11
Qualified by: Supercook AUS
Suggested by: lesliejacobs
Total processing time: 23:45 Minutes

INGREDIENTS FOR 4 SERVES

| | |
|--------------------------------|---------------------------------------|
| 3 cup (AUS 250 ml) | chicken stock |
| 2 | clove garlic (not added at same time) |
| 1 cup (AUS 250 ml) | water |
| 400 gram | chicken breast, roughly cut |
| 1 | large onion, quartered |
| 1 | knob of ginger |
| 30 gram | olive oil |
| 1 can | Creamed corn |
| 2 tablespoon (AUS 20ml) | soy sauce |
| 1 tablespoon (AUS 20ml) | chinese rice wine |
| 1 tablespoon (AUS 20ml) | cornflour |
| 2 tablespoon (AUS 20ml) | sesame oil |
| 1 tablespoon (AUS 20ml) | water |
| 1 | egg white |
| 4 | spring onion, chopped for garnish |

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).