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**Chicken Sweet Corn Soup**

**Ingredients (Per Pair)**

50g chicken breast

½ can (210g) creamed corn

1 tsp chicken stock powder

1½ cup boiling water

2 tsp cornflour

2 Tbs cold water

1 egg, beaten

1 Tbs oil for frying

½ stalk Spring onion, chopped

Salt and white pepper to taste

**Method**

1. Dissolve chicken stock powder in boiling water to make chicken stock.
2. Heat oil in a small frypan, fry and brown both sides of chicken breast. Cover with the lid for a minute to ensure the meat has cooked through.
3. Remove chicken, place onto a yellow chopping board and shred using 2 forks. Set aside.
4. Pour creamed corn to a large saucepan and add chicken stock. Stir occasionally and bring to the boil. Reduce the heat.
5. Mix cornflour with cold water to form a thin paste.
6. Add shredded chicken meat to the soup. Stir gently.
7. Keep stirring the soup as you add the thin cornflour paste to thicken it.
8. Turn off the heat. Gradually stir in the beaten egg into the soup.
9. Dish up and sprinkle with chopped spring onions.
10. Serve hot. Salt and pepper to taste.

**Tips**

1. When cooking corn soup, don’t use too high heat. Stir occasionally and be cautious that doesn’t easily overflow.
2. Turn off the heat, then add the beaten egg. The heat of the soup would cook it through. Otherwise the egg would be overcooked, losing its smooth texture.

**Learning Intention**

**To learn how to make a quick, nutritious soup.**

1. How can browning the chicken influence the flavour of your soup?
2. Why do we add corn flour at the end?
3. Explain 1 thing that you could improve on. Why did you choose this?