

## CHINESE CHICKEN AND SWEETCORN SOUP

### Ingredients

1 tsp	Fresh Ginger
100gm	Chicken Breast (COOKED OR RAW)
3 tsp	Cornflour
1	Egg White
600 ml	Water
2	Chicken Stock Cubes
50 gm	Sweetcorn
2	Spring Onions
Seasoning	Soya sauce

### Equipment

2 Chopping Boards, 2 forks, 1 large saucepan, cooks knife, teaspoon, measuring jug, large stirring spoon, small bowl

### Instructions

- 1 Very finely chop the peeled ginger
- 2 Top, Tail and Skin then finely chop into small circles the spring onions, using darker green bit as well
- 3 Put water, stock cubes and whole piece of chicken in pan, bring to the boil and simmer gently for 6 to 7 mins
- 4 Lift the chicken out of the stock, shred into fine pieces (chop or pull apart with two forks)
- 5 Put ginger into the stock and return to the boil, after 2/3 min add the shredded chicken
- 6 Mix till smooth the cornflour with a small amount of cold water, then add a few spoons of stock from the pan to make more fluid.
- 7 Take saucepan off the boil, gently stir in cornflour mixture, ensuring you move all the fluid to mix it in. Then sprinkle in the spring onion
- 8 Return to the heat and cook the soup, stirring all the time gently for 2/3 minutes to ensure the cornflour is cooked out. Stir in a dash of soya sauce
- 9 Take the pan off the heat, slowly pour in the egg white with a swirling motion, leave for a few moments, you will see the egg white go white.. now stir again SERVE