

Super easy chicken and corn soup

Recipe from Safety Bay Primary School

Traffic light category: **Green**

Serves: 6 (280mL serve)

Ingredients

- 1 teaspoon polyunsaturated oil
- 3 spring onions, sliced
- 3 cups salt reduced chicken stock
- 1 cup diced cooked chicken meat
- 1 x 425g tin creamed corn
- 1 cup corn kernels, drained

Method

1. Heat a large pot over medium heat
2. Add oil and onions and cook for 1 minute
3. Add remaining ingredients and simmer until heated through
4. Serve with a wholegrain roll.

Variations

- Add 100g of noodles of your choice, 1 teaspoon of light soy sauce and 1 teaspoon of sesame oil before serving to make a Chinese inspired soup.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	748.7kJ	262kJ
Protein	16.4g	5.74g
Total fat	3.93g	1.37g
Saturated fat	0.94g	0.33g
Carbohydrate	17.90g	6.26g
Sugars	5.10g	1.78g
Dietary fibre	3.34g	1.17g
Sodium	635.9mg	222.5mg



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