



# Chicken and Corn Soup

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With thanks to Safety Bay Primary School

Traffic light category: **Green** Serves: 9 (280mL serves)

## 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.

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.



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