



Ingredients

1 tin sweet corn (cream style)
4 cups of water
2 tbsp (25 g) corn flour
1/2 a beaten egg
200 g boneless chicken
1 tsp white pepper powder
1 tsp ajinomoto (optional)

Nutrients

Approx. calories per serving: 117 kcal

Procedure

Wash the chicken and dice it into small cubes. Pour the contents of the sweet corn tin into a 20 cm Tall unit along with the diced chicken and approximately 3 cups of water. Cover the unit and place on medium heat until the Thermo Indicator reaches the green mark. Now add the salt and cook on lowest heat for approximately 5-7 minutes until the chicken is cooked.

In the meanwhile, mix the corn flour, pepper and ajinomoto in 3/4 cup of water. Add the corn flour-water mixture to the soup. Increase the gas to medium heat and let the soup thicken, stirring it once or twice. Finally, pour the beaten egg through a sieve onto the simmering soup, stirring simultaneously. Adjust the seasonings and remove from the fire.

Serve this soup piping hot along with the following accompaniments: chopped green chillies soaked in vinegar, soyabean sauce and green chilli sauce.