



Product Spotlight: Sweet Corn


Corn falls into two food categories!
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!




Chicken and Corn Noodle Soup

A delicious one pot chicken noodle soup; thin egg noodles in spring onion, sweet corn and ginger soy broth, topped with crispy fried shallots.

 25 minutes

 2 servings

 Chicken

26 May 2023

Change the flavour!

*If you don't feel like Asian flavours, you can leave out the ginger and add fresh herbs like rosemary or thyme. Dried tarragon, oregano and thyme also work well!
Add a splash of milk for a creamy finish.*

Per serve: **PROTEIN** 48g **TOTAL FAT** 12g **CARBOHYDRATES** 88g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GINGER	1 piece
CARROT	1
CORN COBS	2
CHICKEN STOCK PASTE	1 jar
EGG NOODLES	150g
COOKED CHICKEN BREAST	1 packet
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

soy sauce, sesame oil, cornflour, pepper

KEY UTENSILS

large saucepan

NOTES

The noodles will continue to cook as they sit in the soup so it's best to take the pan off the heat before serving.

No gluten option - egg noodles are replaced with bean thread noodles. Cook in a separate saucepan of boiling water according to packet instructions. Drain and rinse, and add to soup before serving.



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1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium heat with **1 tbsp sesame oil**. Slice and add spring onions (save some tops for garnish). Peel and grate ginger. Add to pan and cook for 3-5 minutes until fragrant.



2. ADD THE VEGETABLES

Slice carrot and remove corn from cobs. Add to pan along with chicken stock paste and **1/2 tbsp cornflour**. Stir to combine.



3. SIMMER THE SOUP

Pour in **1L water**. Cover, bring to a boil, reduce heat and simmer for 8 minutes.



4. ADD THE NOODLES

Add noodles and simmer, uncovered for 1-2 minutes until just tender.



5. ADD THE CHICKEN

Roughly tear chicken into pieces. Add to soup and stir through (see notes). Season to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide soup among bowls. Garnish with spring onion tops and fried shallots.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

