

Chinese Chicken and Sweetcorn Soup

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-chicken-and-sweetcorn-soup-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 2 garlic cloves peeled and finely chopped
- 1 inch ginger peeled and finely chopped
- 1 tablespoon light soy sauce
- 2 sweetcorn cobs, 300g/10oz, kernels
- 1 1/2 chicken stock ?, 6 cups
- 3 tablespoons cornflour
- 2 cooked chicken breasts shredded
- 2 eggs whisked
- 1 tablespoon sesame oil
- 2 spring onions washed and finely sliced

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 510 milligrams
9. Sugar: 6 grams

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