



Total: 22min
Preparation: 5min



7 portion(s)



Ingredients

Chicken and Sweet Corn soup

1 onion peeled and quartered
20 grams olive oil
1/2 level teaspoon Ginger, ground
420 gram Can creamed corn
315 gram corn kernels fresh or 420g canned
600 grams water
1 teaspoon sesame oil
1 heaped tablespoon vegetable stock concentrate
3 fillets chicken thighs cut into strips
2 level tablespoons cornflour mixed with water
2 tablespoons water
2 egg whites or whole eggs, lightly whisked
1 spring onion, green part only sliced, to serve

Preparation

Chicken and Sweet Corn Soup

Add onion to bowl, chop 3 seconds, speed 7.

Scrape down sides of bowl.

Add olive oil and ginger, sauté 2 minutes, 100 deg, speed 1.

Add corn, creamed corn, water, sesame oil, stock paste and sliced chicken. Cook 15 minutes, 100 deg, reverse, speed 1.

In the last 2 minutes of cooking increase the reverse speed to 2 and slowly drizzle the cornflour and water mixture through the lid. Then add the egg whites by slowly drizzling through the lid or replacing the MC and pouring the egg onto the lid to dribble through.

Serve topped with spring onion.



Caution:

Please note that the TM5 mixing bowl has a larger capacity than the TM31 (capacity of 2.2 liters instead of 2.0 liters for TM 31). Recipes for the Thermomix TM5 may not be cooked with a Thermomix TM31 for safety reasons without adjusting the quantities.

Risk of scalding by spraying of hot liquids: Do not exceed the maximum filling quantity and observe the filling level markings of the mixing bowl!

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Please observe the safety instructions in the Thermomix® instruction manual at all times.