

Creamy Chicken and Corn Soup



Ingredients

- 8g Vegetable Oil
- 40g Chicken Breast Fillet, diced
- 3g Garlic Clove, finely chopped
- 4g Ginger, grated
- 8g Flour
- 500 ml Chicken Stock, cold
- 140g Sweet Corn Kernels
- 18.75g Annum Plain
- 10g Spring Onion, thinly sliced for garnish
- 2g Salt
- 1g Pepper

Directions

1. Heat up oil in a pan. Sauté chicken, ginger and garlic for 5 minutes, then sprinkle with flour.
2. Add chicken stock and corn and bring to a boil for 15 minutes. Add more stock if too thick.
3. Remove from heat and stir in 2 tbsp. Annum milk powder. Adjust seasoning with salt & pepper.
4. Divide into serving bowls. Top with spring onions and toasted sesame seeds. Serve hot.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	578	25.9
Carbohydrates (g)	87	49.7
Proteins (g)	29	33.3
Fats (g)	15	-
Dietary Fiber (g)	10	-
Folate (mcg)	737	122.8
Iron (mg)	17	44.7
Zinc (mg)	11	113.4
Calcium (mg)	961	120.1
Vitamin B12 (mcg)	2.5	0.1

