

Low FODMAP Chinese Style Chicken & Creamed Corn Soup

Serves: 6

Prep: 5 minutes

Cook: 55 minutes



Ingredients	Metric	Imperial
low FODMAP chicken stock or Monash University Low FODMAP Certified™ chicken stock (salt reduced)	1000 g	35.3 oz
1 large raw chicken breast, skinless and bone-free	312 g	11 oz
1 can creamed corn	420 g	14.8 oz
3 tsp ginger, fresh, finely chopped or grated	9 g	0.3 oz
1 can water chestnuts, sliced, drained	227 g	8 oz
1 corn (maize) starch	9 g	0.3 oz
2 tbsp soy sauce	36 g	1.3 oz
2 large eggs, beaten	117 g	4.1 oz
3 tsp sesame oil	9 g	0.3 oz
1 cup green spring onion top, finely sliced	50 g	1.8 oz
Extra green tops, fresh chilli, bean shoots and lemon wedges for serving		

Method

1. Bring the stock to the boil in a large saucepan. Drop in chicken breast, turn off the heat, cover with a lid and steep for 30 minutes. Remove the chicken breast and refresh in cold water for about 10 minutes. See tips below if you are using leftover cooked chicken. Finely shred or chop the chicken.
2. Add corn, water chestnuts, sesame oil and ginger to stock and bring to the boil then reduce to a simmer.
3. Combine soy sauce and cornflour into a paste then drizzle into the soup while constantly stirring into the soup to slightly thicken.
4. Add shredded chicken to the soup and slowly drizzle in egg while stirring.
5. Add the green onion tops, bring to a bear simmer.
6. Serve into bowls topped with extra green onion tops, a squeeze of lemon, bean shoots and fresh chilli slices on the side.

Hints

- This is a great way to use up left-over cooked chicken. Simply shred or chop 1½ cups (243g) chicken.
- You could add 1 tsp of five-spice powder for a more authentic Chinese flavour.
- If you are using Monash certified low FODMAP chicken stock instead of homemade stock add less soy as this pre-made stock contains salt.
- If you have leftovers or make a bigger batch, freeze the soup in airtight containers. These are easy to take to work or to defrost ready for dinner after a hard days work!

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Serving suggestions:

- Squeeze some fresh lemon juice over your serve. This citrus addition makes all the difference to the flavour.
- Add some rehydrated, finely sliced black white backed fungus. Per serve weigh or measure 6g pre-sliced dried fungus, cover with plenty of boiling water, steep for about 20 minutes and drain. This adds a delicious crunchy texture with good flavour. Add in step 5 of method.
- Add some oyster mushrooms ripped into pieces in step 2.

Nutrition Information (per serve)	
Energy	1324 Kj / 316 cal
Protein	28.90g
Carbohydrates	16.30g
Sugar	6.80g
Total Fat	13.80g
Saturated Fat	3.20g
Fibre	3.90g