

# Chicken Sweet Corn Soup

## Ingredients

- g Chicken
- g Corn
- Mediums Egg
- pinch Salt
- tsp Ginger
- tsp Garlic
- g Spring Onions
- mL Water
- tbsp Oil
- cube MAGGI Chicken Seasoning Cube
- tbsp Corn flour

## Instructions

1. Add Oil to a pan & let it heat
2. Add the chicken & saute with salt and pepper
3. Add ginger & garlic and mix well
4. Add 1L water and corn & 1 MAGGI Chicken cube, once it comes to a boil add cornflour & thicken it.
5. Add egg whites & stir well
6. Finally season it & add spring onions

## Nutrition

Carbohydrates	25.21 g
Energy	439.61 kcal
Fats	29.13 g
Fiber	2.1 g
Protein	26.72 g
Sodium	459.81 mg
Sugars	5.22 g

15 Minutes

2 Portions