

CHICKEN, CORN AND POTATO SOUP



Serving: 4-6

Cooking Time: 30 min

Prep Time: 10 min

INGREDIENTS

- 30ml (2 tbsp) butter

- 250g chicken fillet, sliced
- 1 red chilli, seeded and chopped
- 1 large potato, cubed
- 1 x 410g tin chicken soup
- 500ml (2 cups) low fat milk
- 1 x 410g can corn kernels, drained
- 45ml (3 tbsp) fresh coriander, leaves only chopped
- Salt and freshly ground black pepper, to taste
- Melba toast, to serve

INSTRUCTIONS

1. Melt the butter and add the chicken strips and chilli. Cook tossing until the chicken is cooked through and a little golden. Remove from the pan.
2. Add the potato, soup and milk into the same pot and cook until the potato is soft, for about 10 minutes. Return the chicken mixture back into the pot together with the kernels and coriander and continue to cook until heated through. Season and serve hot with Melba toast.

Cook's tip

To make the Melba toast, heat your oven to 180°C. Take a few slices of bread and cut away the crust. With a rolling pin flatten the bread, slice diagonally and bake until crispy and golden.