

# COMFORTING COLLAGEN RICH CHICKEN + SWEETCORN SOUP



Serves 2



15 Minutes

There is something about eating this soup that makes it feel like one big warm hug. One thing that I love most about food is the feelings that it can create inside us. Warm, comforting food like this truly goes beyond the nutrients, and that's something to celebrate.

## INGREDIENTS

- 4 cups filtered water
- 2 tsp organic chicken stock powder or bone broth powder
- 4 tbsp Chief Collagen Powder - Unflavoured
- 200g creamed corn
- 2 cloves garlic, minced
- 1/2 red onion, finely diced
- 1 tbsp apple cider vinegar
- 1 tbsp tamari sauce (gf soy sauce)
- 1 free-range egg
- 1 bunch Chinese broccoli
- 100g Gluten-free Thai rice noodles
- 200g, cooked shredded chicken breast
- 1/2 red chilli, finely sliced (optional)
- Handful flat-leaf parsley
- Sea salt & black pepper to taste
- 1 tbsp sesame seeds, lightly toasted

GLUTEN-FREE

PROTEIN-RICH

IMMUNE  
BOOSTING



## METHOD

1. Place a medium-large saucepan over medium heat, and allow it to warm up for approx. 1 min. Add olive oil, garlic, and onion to the pan, and cook until golden brown (approx. 3 mins)
2. Add water, chicken stock powder, creamed corn, Chinese broccoli, rice noodles, apple cider vinegar, and tamari sauce to the pan. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Season with salt and pepper to your liking. Turn off the heat, and slowly whisk in the egg so it cooks in ribbons throughout the soup, which also helps thicken the soup.
4. Add the collagen powder and chicken, stirring to combine. Carefully pour the soup into 2 serving bowls, garnish with fresh parsley, chilli, and sesame seeds.

*Enjoy*

**Chief.**