



Chicken, noodle and sweetcorn soup

Serves: 4

Time

Preparation time 20 minutes

Cooking time 1 hour 5 minutes



Ingredients

- leftover chicken carcass from roast dinner
- 1 onion, peeled and chopped
- 2 carrots, peeled and roughly chopped
- 1 leek, roughly chopped and rinsed in running water
- 1.5l water
- 1 chicken stock cube (try to use low-salt)
- 150g tin sweetcorn
- 50g dried egg noodles
- 4 scallions (spring onions), chopped

Method

1. Strip all the cooked chicken from the carcass of your roast (you should have about 150g) shred it and set to the side while you make the stock.
2. Place the chicken carcass into a large saucepan and add the chopped onion, carrots, leek, water and chicken stock cube. Bring to the boil, then reduce the temperature and simmer for 1 hour.
3. Sieve to remove the carcass and vegetables and you will be left with 1 litre of delicious stock for your soup. Simply add the shredded chicken, sweetcorn and dried egg noodles then simmer for 5 minutes.
4. Scatter some chopped scallions on top and serve in warm bowls.

Tip

This is a great way to make another meal from a leftover roast chicken carcass.