

STEAMED CHICKEN AND SWEETCORN SOUP

THE STEAM
OVEN KITCHEN



INGREDIENTS

- 1 small chicken breast
- 1 tspn sesame oil
- $\frac{1}{2}$ t chinese five spice
- $\frac{1}{2}$ t lemon pepper
- 1 large cob of corn
- 1 litre chicken stock
- 50gms dried rice vermicelli noodles
- 1 knob ginger, finely chopped
- 2- 3 kaffir lime leaves finely sliced
- 1 spring onion sliced

INSTRUCTIONS

Season chicken with sesame oil, five spice and lemon pepper. Steam the corn and chicken at the same time in the oven 100C full steam. Place chicken in solid dish Use the meat probe if available set to 75c - otherwise steam for 10-12 minutes or until cooked through.

Soak noodles in boiling water until soft and then rinse under cold water and set aside.

In a saucepan, heat chicken stock with ginger and kaffir lime leaves.

When chicken is cooked, remove it and the corn from the oven. Pour residual juices into the stock.

Remove corn from cob with a sharp knife and dice chicken.

Place half the corn in a food processor with a few tablespoons of the stock and process to a rough paste.

Add to stock

Into 4 medium bowls place noodles, chicken meat and the rest of the corn. Pour over stock and top with spring onions for garnish.