

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) canola oil
- 1 packet (200g) bacon, diced
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 1 stalk celery, chopped
- 2 medium potatoes, peeled and cubed
- 2 cans (400g each) drained corn kernels or 2 cups (500ml) frozen corn
- 3 cups (750ml) vegetable or chicken stock
- 1 can (400g) creamed sweetcorn
- 1 cup (250ml) cream
- 1 cup (250ml) milk
- Salt and milled pepper
- Handful baby spinach (optional)
- Handful fresh parsley, chopped
- Crusty bread, for serving

Method:

1. Heat oil in a pan and fry bacon until crispy. Set aside.
2. Fry onion, carrots and celery in the same pan for 3-4 minutes.
3. Add potatoes, corn and stock.
4. Simmer over a low-medium heat for about 15 minutes, stirring at regular intervals.
5. Add creamed sweetcorn, cream and milk and simmer on low heat for 5-8 minutes.
6. Season generously.
7. Blitz half the soup with a stick blender until smooth and stir through remaining chunky soup.
8. Stir through baby spinach, if using.

9. Ladle into serving bowls and garnish with crispy bacon and parsley.
10. Serve with crusty bread.