

Less than 30 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 5 cups (1.25L) chicken stock
- 2 cups (500ml) water
- 2 (about 600g) frozen chicken leg quarters, defrosted
- 1 cup (250ml) white or brown rice
- 3 bay leaves (optional)
- Salt and milled pepper
- 2 cans (400g each) cream-style sweetcorn (corn kernels work well too)
- Lemon juice, to taste
- Chopped spring onion, for serving (optional)
- Crusty bread, for serving

Method:

1. Heat olive oil in a pan and sauté onion for about 5 minutes or until golden.
2. Add garlic and fry for another minute.
3. Add stock, water, chicken, rice and bay leaves (if using). Season.
4. Gently simmer for about 20 minutes or until chicken and rice are cooked through.
5. Remove chicken and cool, then shred (discard chicken skin and bones).
6. Return chicken to pot and stir in corn.
7. Add lemon juice and adjust seasoning if needed.
8. Garnish soup with spring onion (if using) and serve with crusty bread.