

Noodle and Sweetcorn Soup

If you have a pack of noodles, a can of sweetcorn, a stock cube and onions in your store cupboard then you have the makings of this quick, easy and tasty soup. By adding a few extra vegetables it can be transformed into something special in a few minutes.



Celery, egg, milk, soya and wheat (gluten)*

Nutritional information per portion (568g):

Energy 626kJ 149kcal 7%	Fat 4.6g 6%	Saturates 0.6g 3%	Sugars 3.2g 4%	Salt 0.56g 9%
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of an adult's reference intake.
Typical values per 100g: energy 110kJ/26kcal.

Equipment

Chopping board
Sharp knife
Large saucepan
Measuring spoons
Wooden spoon
Kettle
Measuring jug
Can opener
Colander

Ingredients

Serves 4

2 small onions OR 150g frozen chopped onions
2 cloves garlic
2 small sticks celery (optional)
2 x 5ml spoons vegetable oil
1.5 litre boiling water
1 x reduced-salt vegetable stock cube
2 nests of fine egg noodles OR rice noodles
1 x 325g can sweetcorn (260g when drained) OR frozen sweetcorn
Black pepper (optional)
1 x 5ml spoon reduced-salt soy sauce (optional)
4 spring onions (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- If you break up the noodles, it makes it easier to eat the soup with a spoon.

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Method

1. Peel and chop the fresh onion and garlic into small pieces and finely chop the celery (if using).
2. Heat the oil in a large saucepan and add the onion, garlic and celery.
3. Soften over a low heat for 4–5 minutes, stirring to prevent them burning.
4. Measure 750ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Pour over the softened vegetables.
5. Bring the soup in the pan back to the boil and simmer for 2 minutes. Break the noodles into pieces and add to the pan. Stir until they separate then simmer for 3–4 minutes.
6. While the noodles are cooking, open the can of sweetcorn and drain in a colander. Add the drained sweetcorn to the soup and simmer for another minute.
7. Season with black pepper to taste (if using) and add the soy sauce (if using). Top and tail and finely slice the spring onions (if using) and add to the soup just before serving.

Something to try next time

- For a chicken version, add 50-100g of shredded cooked chicken at step 6 and use a reduced-salt chicken stock cube. Alternatively, make our homemade Chicken Stock recipe from a cooked chicken carcass (recipe available on our website).
- For a spicier flavour, add a pinch of cayenne pepper, chilli powder or chilli flakes to the onions.
- Add 3–4 finely sliced mange tout or green beans, a sliced red pepper, or a handful of beansprouts at step 6. Very fine strips of carrot also make a colourful addition.

Prepare now, eat later

- This quick soup is best eaten fresh.
- Leftover soup should be cooled as quickly as possible and stored in the fridge for up to 24 hours. Reheat until simmering, adding more water if it is too thick.

Skills used include:

Measuring, peeling, chopping, boiling/simmering and frying.