



Chicken Oats Soup (H)

Serving: 1

Non Veg

Ingredients

- Chicken - palm size
- Onion - 1 small
- Carrots - 1 small
- oats - 1 tbsp
- Sweet corn kernels – 2 tbsp
- Cucumber – $\frac{1}{2}$ (small) (de-seeded and cubed)
- Coriander - 1 tbsp
- Corn flour – 1 tsp
- Bay leaf - 1
- Peppercorns - 2-3
- Olive oil/ any oil - 1 tsp
- salt to taste
- pepper powder - to taste
- water - 3 cups

Preparation Method

- **Prepare the Stock :**
- Wash chicken well. Peel, wash and cut carrots into cubes. Peel, wash and slice onions.
- take 2 cup of water in a heavy bottom vessel, add bay leaf, peppercorns, carrots, onions and chicken legs.
- boil on medium heat, removing scum from time to time. cook for around 10-12 on medium heat.
- strain the stock and keep it aside. take the chicken and shred the meat.
- discard bay leaf and peppercorns.
- roughly mash carrots and onions.
- meanwhile soak the oats in $\frac{1}{2}$ cups of water for 2 minutes.
- and dissolve the corn flour in $\frac{1}{2}$ cup water.
- **Make the Soup :**
- Heat olive oil in another pan on low heat. sauté the sweet corn kernels for 2 mins.
- Drain water from soaked oats. Add oats to the pan and cook for 5 mins.
- add reserved stock and continue cooking for another 3-4 minutes .
- Season with salt and pepper powder.
- add shredded chicken and mashed carrots n onions to the oats mixture and simmer for another 5 minutes.
- Add dissolved corn flour, cook for a minute and remove from heat.
- Add chopped coriander and stir. Serve hot