

Sweetcorn & crabmeat soup



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Serves: 4

Preparation: 15 minutes

Cooking: 20 minutes

6 sweetcorn cobs, husks and silks removed

2 tbs olive oil

8 green onions, sliced

2 tsp grated ginger

2 garlic cloves, crushed

4 cups chicken stock

170g can crabmeat, drained

salt and ground black pepper, to taste

extra sliced green onions, to serve

1. Slice corn kernels from cobs and set aside.
2. Heat oil in a large saucepan over medium heat. Add green onions, ginger and garlic to pan and cook, stirring often, for 1 minute or until soft and fragrant.
3. Add corn kernels and cook, stirring frequently, for 8 minutes. Stir in stock and bring to the boil over medium-high heat. Reduce heat to low and simmer for 6 minutes. Using a blender or food processor, puree soup until almost smooth and return to pan.
4. Add crabmeat to soup, stir well to combine and simmer for 1 minute. Season with salt and pepper to taste. Spoon into serving bowls, garnish with extra sliced green onions and serve.

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