

Quick & Easy Egg Drop Soup



Preparation time:	25 mins
Serves:	4 people
User Rating:	★★★★☆

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Egg Drop Soup is an incredibly easy dish to prepare and is also known as a Chinese comfort food including a different way to cook the egg. To cook the egg within the soup and create a great consistency, the egg is slowly poured in the broth and allowed to poach as you stir the liquid to mix the egg and ensure it doesn't form a whole shape. Try it out for yourself!



Ingredients

- 2 tsp olive oil
- 2 tsp finely grated fresh ginger
- 1 garlic clove, crushed
- 4 cups of reduced-salt chicken stock
- 2 fresh corn cobs, kernels removed
- 1 tbsp salt-reduced soy sauce, plus extra to drizzle

- 2 tsp cornflour, mixed with 1 tbsp cold water
- 4 eggs, lightly beaten
- Sliced shallots, to serve
- Sesame oil, to drizzle (optional)

Method

1. Heat the olive oil in a large saucepan over medium heat. Cook ginger and garlic, stirring, for 1 minute or until fragrant. Add stock and bring to the boil. Reduce heat and simmer for 3 minutes. Add corn and soy sauce and simmer for 2-3 minutes.
2. Whisk in cornflour mixture and simmer for 2-3 minutes or until broth is slightly thickened. Slowly drizzle beaten eggs into soup while gently stirring soup in a circular motion. Once all the egg has been added, remove from heat.
3. Serve soup topped with shallots and drizzled with a little sesame oil and soy.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
384g	754 kj 180 kcal	9.9g	7.9g	1.9g	16.1g	2.9g	919mg	2.2g

All nutrition values are per serve.