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© **Chicken, Corn, Ginger Soup with Quinoa**

Cooking time 25 minutes
Pressure cooked 4 minutes @ full pressure
Serves 8 to 10

Prep list

1 tbsp Avocado oil
10 Shallots roughly chopped
2cm Fresh ginger, finely grated
4 Celery sticks, chopped
1 Fennel bulb, finely chopped
8 Corn on the cob, kernels
1.5 L Homemade low salt vegetable stock
2 tbsp Sushi soy sauce
1 Cup cooked quinoa
1 Cup Cooked shredded chicken meat, warm

Method

- Slowly heat up oil
- Add shallots, ginger, celery, fennel and corn
- Gently sauté for 5 minutes or until fragrant
- Add stock and soy sauce, and allow to simmer
- Pop the pressure cooker lid on and cook for 4 minutes
- Release pressure as per manufactures instructions
- Check seasoning with a little bit of white pepper

Plate up

- Add 2 tbsp cooked quinoa into each soup bowl
- Ladle the soup
- Top with shredded chicken meat then serve