

Secretts Thai Sweetcorn Soup

WITH LEMONGRASS & COCONUT

This creamy aromatic soup is perfect for autumn lunches. It's really easy to throw together with a high impact result. Big on flavour, satisfying and easy to add your own ideas. Try prawns, chicken, fresh white fish or even salmon. To make this plant based use a vegan fish sauce. Fresh locally grown Secretts corn is perfect for this soup: all the ingredients can be found in the farm shop.

Ingredients SERVES 2

2 Cobs of Secretts Sweetcorn, husk & silk removed
Half a white onion, peeled and finely chopped
1 can of coconut milk
1 stick of lemongrass, finely chopped
Thai fish sauce to taste, start with a teaspoon
Freshly ground black pepper
Sweet chilli sauce to serve

Method

Using a sharp knife cut off the end of the sweetcorn. Now score down to remove the corn and discard the core. Place the corn and the onion in a pan of water and cook for 3 minutes. Drain and return the vegetables to the pan. Add the coconut milk and lemongrass and simmer for 5 minutes. Cool slightly and blend adding the fish sauce to and black pepper to taste.

Serve with sweet chilli sauce on the side.

