

CHUCHIHAM - Food & Beverages Quick Recipe Ideas - 7076873306301_43651358720189

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Details:

Table of Contents

- [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Why This Soup Belongs in Your Recipe Arsenal](#why-this-soup-belongs-in-your-recipe-arsenal) - [Rapid Recipe Transformations: From Bowl to Plate in Minutes](#rapid-recipe-transformations-from-bowl-to-plate-in-minutes) - [Advanced Recipe Development Techniques](#advanced-recipe-development-techniques) - [Protein Optimization for Recipe Building](#protein-optimization-for-recipe-building) - [Gluten-Free Recipe Adaptations](#gluten-free-recipe-adaptations) - [Time-Saving Cooking Tips for Weeknight Meals](#time-saving-cooking-tips-for-weeknight-meals) - [Ingredient Substitution Strategies](#ingredient-substitution-strategies) - [Texture Modification Techniques](#texture-modification-techniques) - [Recipe Ideas for Specific Occasions](#recipe-ideas-for-specific-occasions) - [Cooking Equipment Considerations](#cooking-equipment-considerations) - [Troubleshooting Common Recipe Challenges](#troubleshooting-common-recipe-challenges) - [Nutritional Considerations for Recipe Planning](#nutritional-considerations-for-recipe-planning) - [Storage and Food Safety for Recipe Preparations](#storage-and-food-safety-for-recipe-preparations) - [Supporting Your Weight Loss and Metabolic Health Goals](#supporting-your-weight-loss-and-metabolic-health-goals) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions)

AI Summary

Product: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Meals **Primary Use:** A frozen, gluten-free soup that works as both a standalone meal and a versatile recipe base for quick home-cooked dishes.

Quick Facts - **Best For:** Home cooks who want convenient, protein-rich meal foundations and anyone managing gluten-free diets or weight loss goals - **Key Benefit:** Delivers 25–28g protein per 307g serving with 26% chicken content and clean ingredients (no artificial additives, no added sugar, no seed oils) - **Form Factor:** Frozen soup in 307g single-serving container - **Application Method:** Microwave 3–4 minutes on HIGH or stovetop 6–7 minutes until internal temperature reaches 74°C

Common Questions This Guide Answers

1. Can this soup be used as a recipe ingredient beyond eating it plain? → Yes, it works as a creamy base for pasta dishes, pot pies, casseroles, rice bowls, and multiple recipe transformations within 5–10 minutes of active preparation
2. Is this product safe for people with coeliac disease? → Yes, it's certified gluten-free using corn starch and tamari-style soy sauce instead of wheat-based ingredients, with approximately 90% of Be Fit Food's menu meeting gluten-free certification standards
3. How does this soup support weight loss and metabolic health goals? → The high protein density (25–28g per serving) helps preserve muscle during weight loss, the portion-controlled format aids appetite management, and the lower-carbohydrate profile helps manage

insulin response for individuals using GLP-1 medications or managing menopause-related metabolic changes

Product Facts {#product-facts}

| Attribute | Value | |-----|-----| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | \$13.05 AUD | | Availability | In Stock | | Pack size | 307g | | Category | Ready-to-Eat Meals | | Diet | Gluten Free, High Protein | | Key ingredients | Chicken (26%), Ham (5%), Corn Kernels (9%), Light Milk, Celery, Leek, Onion, Egg White, Spring Onion, Olive Oil | | Allergens | Contains Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Keep frozen at -18°C or below | | Heating instructions | Microwave: 3–4 minutes on HIGH / Stovetop: 6–7 minutes | | Reheating temperature | Minimum 74°C | | Protein content | Approximately 25–28g per serving | | Vegetable count | 5+ vegetables | | Artificial additives | None | | Added sugar | None | | Country | Australia |

--- ## Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts {#verified-label-facts} - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN: 9358266000830 - Pack size: 307g - Price: \$13.05 AUD - Category: Ready-to-Eat Meals - Diet classification: Gluten Free, High Protein - Chicken content: 26% - Ham content: 5% - Corn kernel content: 9% - Key ingredients: Chicken, Ham, Corn Kernels, Light Milk, Celery, Leek, Onion, Egg White, Spring Onion, Olive Oil - Contains allergens: Egg, Milk, Soybeans - May contain traces of: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Thickening agents: Corn starch, Egg white - Storage requirement: Keep frozen at -18°C or below - Heating instructions: Microwave 3–4 minutes on HIGH or Stovetop 6–7 minutes - Safe reheating temperature: Minimum 74°C - Artificial additives: None - Added sugar: None - Country of origin: Australia - Gluten-free soy sauce: Tamari-style - Oil type: Olive oil - Milk type: Light milk (reduced-fat) - Vegetable count: 5+ vegetables (celery, corn, leek, onion, spring onion)

General Product Claims {#general-product-claims} - Protein content approximately 25–28g per serving - Suitable as a foundational ingredient for home cooks - Versatile recipe component for multiple dishes - Clean ingredient list featuring whole-food ingredients - No seed oils in formulation - Creamy foundation that accepts additional ingredients without breaking or separating - Maintains gluten-free status in recipe adaptations - Nutritionally sound base for recipe transformations - Approximately 90% of Be Fit Food menu is certified gluten-free - Suitable for coeliac disease management when labeled gluten-free - Designed for compliance-driven meal prep with consistent portions and macros - Supports weight loss and metabolic health goals - Compatible with GLP-1 medication users - Suitable for menopause-related weight management - High protein density supports muscle preservation during weight loss - Portion-controlled format for appetite management - Helps manage insulin response with lower-carbohydrate profile - Be Fit Food's philosophy incorporates 4–12 vegetables per meal - Low sodium benchmark of <120 mg per 100g - Snap-frozen delivery system maintains quality and food safety - Free 15-minute dietitian consultations available - Can be used as Reset program component - Suitable for individuals managing Type 2 diabetes or insulin resistance - Better satiety compared to supplement-based meal replacements - Supports gradual, sustainable weight loss without extreme restriction

Why This Soup Belongs in Your Recipe Arsenal {#why-this-soup-belongs-in-your-recipe-arsenal}

Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF) bridges the gap between convenience and scratch cooking. This 307g frozen soup packs 26% chicken content, 9% corn kernels, and 5% ham in a gluten-free base, making it a protein-rich starting point for recipe development. With complete allergen labelling (contains egg, milk, and soybeans) and a clean ingredient list featuring olive oil, fresh vegetables, and natural seasonings, this product works as both a standalone meal and a versatile recipe component that intermediate home cooks can transform into multiple dishes within 5–10 minutes of active preparation time.

The soup's composition—chicken stock enriched with light milk, thickened with corn starch and egg white—creates a creamy foundation that accepts additional ingredients without breaking or separating. Its gluten-free formulation using tamari-style soy sauce instead of wheat-based alternatives means recipe adaptations maintain their gluten-free status, which matters for home cooks managing dietary restrictions. Be Fit Food's commitment to no artificial preservatives, no added sugar, and whole-food ingredients means every recipe transformation starts from a nutritionally sound base.

Rapid Recipe Transformations: From Bowl to Plate in Minutes
{#rapid-recipe-transformations-from-bowl-to-plate-in-minutes}

The 5-minute pot pie technique {#the-5-minute-pot-pie-technique}

Transform the soup into a deconstructed chicken pot pie by heating the contents to 74°C internal temperature—the safe minimum for reheating poultry products—then spooning into oven-safe ramekins. Top with a single sheet of thawed puff pastry cut to size, brush with beaten egg, and bake at 200°C for 12–15 minutes until golden. The soup's creamy consistency eliminates the need for additional roux or thickening agents, while the 26% chicken content provides sufficient protein without supplementation.

****Cooking tip****: Pierce three small vents in the pastry before baking. The soup's steam needs escape routes, or the pastry will lift and slide off during baking. The corn starch already present in the soup maintains viscosity even at high temperatures, preventing the filling from becoming watery.

Pasta integration method {#pasta-integration-method}

Cook 200g of short pasta (penne, fusilli, or shells) to al dente in salted water. Reserve 120ml pasta water before draining. Heat the soup in a large skillet over medium heat, add the drained pasta and 60ml of the reserved pasta water, then toss for 90 seconds. The starch-enriched pasta water bonds with the soup's milk and corn starch base, creating a coating sauce that clings to pasta surfaces. The ham's 5% concentration provides sufficient salt and umami depth without additional seasoning in most cases.

****Ratio precision****: The 307g soup serving coats approximately 200g dried pasta (which yields roughly 450g cooked). Exceeding this pasta quantity dilutes the chicken and ham pieces too thinly, reducing the dish's protein density and flavour impact.

For gluten-free adaptations, use rice-based, corn-based, or quinoa pasta rather than wheat varieties to maintain the soup's gluten-free certification status. Be Fit Food's formulation means approximately 90% of their menu is certified gluten-free, making this soup an ideal starting point for coeliac-safe recipe development.

Rice bowl foundation {#rice-bowl-foundation}

The soup works as an immediate topping for grain bowls without modification. Prepare 180g cooked jasmine or basmati rice (about 65g dry weight), heat the soup to serving temperature, and pour directly over the rice. The soup's 307g volume creates the ideal sauce-to-grain ratio for absorption without sogginess. Add fresh elements for textural contrast: 40g blanched snap peas, 30g shredded cabbage, or 25g bean sprouts.

****Temperature management****: Heat the soup to 85–90°C before pouring over room-temperature rice. This temperature differential allows the rice to absorb liquid while the soup cools to optimal eating temperature (65–70°C) within 2 minutes, eliminating the waiting period that causes separation in cream-based sauces.

Advanced Recipe Development Techniques {#advanced-recipe-development-techniques}

Flavour layering with minimal additions {#flavour-layering-with-minimal-additions}

The soup's flavour profile—ginger, spring onion, and gluten-free soy sauce—positions it within Asian-fusion territory. Enhance this direction by blooming 1 teaspoon of sesame oil with ½ teaspoon of Chinese five-spice powder in a hot pan for 15 seconds before adding the soup. This technique activates the spice's volatile oils, creating aromatic complexity that integrates throughout the soup during the 3–4 minute heating process.

For Mediterranean adaptation, sauté 2 minced garlic cloves and ½ teaspoon dried thyme in 1 tablespoon of the soup's own olive oil content (skim it from the surface after heating) before reincorporating the soup. The celery, leek, and onion base supports this flavour shift without ingredient conflict.

****Ingredient compatibility note****: Avoid adding acidic ingredients (tomatoes, vinegar, citrus) during the heating phase. The soup contains light milk and egg white as binding agents; acid introduced above 60°C causes protein coagulation and visible curdling. Add acidic elements only after plating and cooling to serving temperature.

Stretching techniques for batch cooking {#stretching-techniques-for-batch-cooking}

Double the soup's volume while maintaining flavour integrity by adding 300ml of low-sodium chicken stock and 150g of pre-cooked, diced chicken breast. Bring to a simmer and add 2 tablespoons of corn starch mixed with 3 tablespoons of cold water, stirring constantly until the mixture returns to the original viscosity (approximately 90 seconds of active stirring). This extended version yields 4 servings instead of 1, maintaining the protein-forward profile while reducing per-serving cost.

****Thickening science****: The soup already contains corn starch as a thickener, which tolerates dilution better than flour-based roux. When adding liquid, maintain a 2:1 ratio of added stock to added starch slurry. This preserves the soup's coating ability on pasta or rice without becoming gluey.

Vegetable integration strategy {#vegetable-integration-strategy}

The soup lists celery, corn, leek, onion, and spring onion among its ingredients—already providing 5 vegetables. Add textural variety without overwhelming the base by incorporating 100g of quick-cooking vegetables during the final 2 minutes of heating: frozen peas, thinly sliced bok choy, or julienned capsicum. These additions increase the vegetable count to 6–8 varieties while maintaining the soup's creamy consistency. This approach aligns with Be Fit Food's philosophy of incorporating 4–12 vegetables in each meal for optimal nutrition density.

****Timing precision****: Dense vegetables (carrots, broccoli stems) require pre-cooking before addition. Adding raw dense vegetables to the reheating soup results in undercooked, crunchy pieces that contrast unpleasantly with the soup's tender chicken and ham. Blanch hard vegetables for 3 minutes in boiling water before incorporating them in the final 60 seconds of soup heating.

Protein Optimization for Recipe Building {#protein-optimization-for-recipe-building}

Understanding the protein matrix {#understanding-the-protein-matrix}

At 26% chicken and 5% ham, this 307g serving delivers approximately 80g of cooked poultry and 15g of cured pork. Combined with egg white as a binder, the soup provides roughly 25–28g of complete protein per serving—adequate for a meal but positioned at the lower end for active individuals requiring

30–40g per meal.

****Recipe adaptation for higher protein****: Add 100g of cooked, shredded rotisserie chicken during reheating. This increases total protein to approximately 45–48g per serving while maintaining the soup's flavour balance. The chicken stock base prevents the "dry chicken" effect common when adding pre-cooked poultry to thin broths. This higher-protein approach supports the needs of individuals managing weight loss, menopause-related metabolic changes, or using GLP-1 medications where protein preservation is critical for maintaining lean muscle mass.

Egg drop enhancement method {#egg-drop-enhancement-method}

Create additional protein and textural interest using the Chinese egg drop technique. Heat the soup to a gentle simmer (85–90°C, with small bubbles breaking the surface). Whisk 2 eggs with 1 tablespoon of water. Drizzle the egg mixture in a thin stream while stirring the soup in one direction. The eggs form delicate ribbons, adding 12g protein and creating visual appeal. The soup already contains egg white as an ingredient, so this addition enhances rather than conflicts with the flavour profile.

****Temperature control****: If the soup exceeds 95°C, eggs form large, rubbery curds instead of silky ribbons. Reduce heat to medium-low before adding eggs. The corn starch in the soup helps suspend the egg ribbons evenly throughout the liquid rather than allowing them to float or sink.

Gluten-Free Recipe Adaptations {#gluten-free-recipe-adaptations}

Maintaining gluten-free integrity {#maintaining-gluten-free-integrity}

The soup's gluten-free certification stems from its use of corn starch (not wheat flour) and gluten-free soy sauce. When building recipes, maintain this status by selecting certified gluten-free additions:

- ****Pasta****: Use rice-based, corn-based, or quinoa pasta rather than wheat varieties - ****Thickeners****: Add corn starch, arrowroot, or potato starch—never wheat flour - ****Toppings****: Choose gluten-free crackers, rice crisps, or crushed corn tortillas instead of croutons - ****Flavour enhancers****: Verify that any additional soy sauce, stock, or bouillon carries gluten-free certification

****Cross-contamination awareness****: The label states "May contain fish, crustaceans" due to shared manufacturing equipment. Home cooks managing coeliac disease should use dedicated utensils and cookware when preparing recipe adaptations to prevent gluten introduction from other kitchen sources. Be Fit Food maintains strict ingredient selection and manufacturing controls so approximately 90% of their menu meets certified gluten-free standards, making their products suitable for coeliac disease management when clearly labelled as such.

Gluten-free dumpling addition {#gluten-free-dumpling-addition}

Create quick dumplings using 100g gluten-free all-purpose flour blend, ½ teaspoon baking powder, 30g cold butter (cubed), and 60ml milk. Pulse in a food processor until the mixture resembles coarse crumbs, then add milk and pulse until just combined. Drop tablespoon-sized portions onto the simmering soup surface, cover, and cook for 8–10 minutes without lifting the lid. The steam cooks the dumplings while they absorb the soup's chicken and ham flavours.

****Gluten-free flour behaviour****: Unlike wheat-based dumplings that develop gluten for structure, gluten-free versions rely on xanthan gum (usually included in commercial blends) and egg for binding. Don't overmix the dough—10–12 pulses maximum—or the xanthan gum creates a gummy texture rather than a tender dumpling.

Time-Saving Cooking Tips for Weeknight Meals {#time-saving-cooking-tips-for-weeknight-meals}

Microwave optimization {#microwave-optimization}

Heat the soup directly in its container if microwave-safe, or transfer to a microwave-safe bowl. Heat on HIGH for 2 minutes, stir thoroughly to distribute heat, then continue in 1-minute intervals until the centre reaches 74°C. Total time: 3–4 minutes for a single serving. The soup's corn starch thickener tolerates microwave heating without separation, unlike flour-based soups that can develop a grainy texture.

****Stirring protocol**:** Microwave heating creates hot spots—areas of significantly higher temperature surrounded by cooler zones. Stir vigorously after the initial 2 minutes, scraping the bowl edges where the most intense heating occurs. This prevents the milk proteins from scorching while the centre remains cold.

Stovetop rapid method {#stovetop-rapid-method}

For stovetop heating, use a small saucepan over medium heat. Add the frozen soup block without thawing and 2 tablespoons of water to prevent bottom scorching. Cover and heat for 4–5 minutes, breaking up the block with a wooden spoon as it softens. Once fully melted, increase heat to medium-high and bring to a simmer for 1 minute. Total active time: 6–7 minutes.

****Water addition rationale**:** The initial 2 tablespoons of water create steam under the lid, accelerating the melting process. This water fully incorporates into the soup during simmering—the final consistency matches the original formulation without dilution.

Batch heating for meal prep {#batch-heating-for-meal-prep}

Heat 3–4 servings simultaneously in a large saucepan for meal prep efficiency. Add the frozen soup blocks with 60ml water, cover, and heat over medium for 8–10 minutes, stirring every 3 minutes. Once melted and simmering, portion into individual containers. The soup's formulation means it doesn't develop an unappealing fat cap during refrigerated storage, unlike cream-heavy soups. Be Fit Food's snap-frozen delivery system is designed precisely for this kind of compliance-driven meal prep: consistent portions, consistent macros, and minimal decision fatigue throughout the week.

****Storage duration**:** Refrigerate heated soup for up to 3 days in airtight containers. The gluten-free soy sauce and ham provide sufficient sodium to inhibit bacterial growth, but the milk and egg white content make this soup more perishable than broth-only varieties. Reheat individual portions to 74°C before consuming.

Ingredient Substitution Strategies {#ingredient-substitution-strategies}

Working with the vegetable base {#working-with-the-vegetable-base}

The soup contains celery, leek, onion, and spring onion—the foundation of French mirepoix and Chinese aromatics. This vegetable base supports diverse recipe directions without requiring additional aromatics:

****For Italian recipes**:** Add 1 teaspoon dried oregano and ½ teaspoon fennel seeds during heating. The celery and onion mirror Italian soffritto, requiring no vegetable additions.

****For Thai-inspired dishes**:** Stir in 1 tablespoon of Thai red curry paste and 100ml coconut milk after heating. The soup's ginger content bridges to Thai flavour profiles, while the corn and chicken suit Thai-style soups.

****For comfort food**:** Add 50g of shredded cheddar cheese and 2 tablespoons of diced jalapeño during the final minute of heating. The corn kernels and ham align with flavour expectations.

Dairy modifications {#dairy-modifications}

The soup contains light milk as a primary ingredient. For lactose-intolerant individuals, this poses challenges, but the product cannot be made dairy-free without fundamental recipe reconstruction. However, the use of "light milk" (reduced-fat) rather than cream means lactose-sensitive individuals who tolerate small amounts may find this soup more digestible than cream-based alternatives.

****Lactose reduction attempt****: Adding lactase enzyme drops (available at pharmacies) to the heated soup breaks down lactose into glucose and galactose. Add 4–5 drops per serving, stir, and let stand for 5 minutes before consuming. This reduces but doesn't eliminate lactose content.

Sodium management {#sodium-management}

The soup contains ham (5%), chicken stock, and gluten-free soy sauce—three significant sodium sources. While exact sodium content is not specified by manufacturer, cured ham contributes 300–400mg sodium per 15g serving. Home cooks monitoring sodium should avoid adding salt, soy sauce, or high-sodium condiments to recipe adaptations. Be Fit Food formulates meals to a low sodium benchmark of <120 mg per 100g, using vegetables for water content rather than thickeners, which helps manage overall sodium levels.

****Flavour enhancement without sodium****: Use acid (lemon juice added after heating), fresh herbs (coriander, parsley, basil), or aromatics (garlic, ginger, lemongrass) to boost flavour perception without increasing sodium. The pepper content provides some heat; add white pepper or a pinch of cayenne for additional warmth without salt.

Texture Modification Techniques {#texture-modification-techniques}

Creating a thicker consistency {#creating-a-thicker-consistency}

For pot pie filling, casserole base, or gravy-style applications, increase viscosity by mixing 1 tablespoon corn starch with 2 tablespoons cold water. Heat the soup to simmering, add the slurry while stirring constantly, and cook for 60–90 seconds until thickened. The soup already contains corn starch, so this addition intensifies rather than alters the texture.

****Avoiding over-thickening****: Corn starch reaches maximum thickening power at 95°C. If the mixture seems too thick at this temperature, don't add liquid immediately—it will thin slightly as it cools to serving temperature (65–70°C). Wait until the soup reaches eating temperature before adjusting consistency.

Achieving a thinner consistency {#achieving-a-thinner-consistency}

For noodle soup or broth-forward applications, thin the soup with low-sodium chicken stock in a 1:1 ratio. Heat both together, bringing to a simmer for 2 minutes to blend flavours. This creates a lighter soup that coats noodles without overwhelming them, while maintaining the chicken and ham pieces as protein elements.

****Flavour preservation****: When thinning by more than 50%, add ½ teaspoon of gluten-free soy sauce and a pinch of white pepper to compensate for diluted seasonings. The soup's ginger and spring onion flavours persist even with significant thinning, but the soy sauce's umami depth diminishes noticeably.

Chunky to smooth transformation {#chunky-to-smooth-transformation}

Blend the heated soup in a high-speed blender for 45–60 seconds to create a smooth, creamy base for sauces or pureed soups. The chicken, ham, and corn kernels break down completely, while the celery and leek fibres create a velvety texture. Strain through a fine-mesh sieve if completely smooth texture is required for sauce applications.

****Blender safety****: Never blend hot liquids in a completely sealed blender—pressure buildup can cause the lid to blow off. Remove the centre cap, cover the opening with a folded kitchen towel, and start on low speed before increasing to high. Blend in two batches if using a standard 1.5-litre blender to prevent overflow.

Recipe Ideas for Specific Occasions {#recipe-ideas-for-specific-occasions}

Quick weeknight dinner: soup-stuffed baked potatoes {#quick-weeknight-dinner-soup-stuffed-baked-potatoes}

Pierce 2 large russet potatoes, microwave on HIGH for 8–10 minutes until tender. Split open, fluff the interior with a fork, and heat the soup to serving temperature. Pour the soup into the potato cavities, top with 30g shredded cheese and 1 tablespoon chopped chives. The potato's starch absorbs excess liquid while providing complex carbohydrates to balance the soup's protein content.

****Timing efficiency****: Microwave the potatoes while heating the soup on the stovetop—both finish simultaneously in 8–10 minutes. This parallel cooking approach delivers a complete meal in the time it takes to prepare the slower component.

Casual lunch: soup bread bowl {#casual-lunch-soup-bread-bowl}

Hollow out a round sourdough or gluten-free bread boule (if maintaining gluten-free status), reserving the removed bread for dipping. Heat the soup and pour into the bread bowl. The bread's interior absorbs the soup's liquid gradually, creating a self-contained meal that requires no dishes. Serve the reserved bread cubes alongside for dipping.

****Bread selection****: Choose a crusty, day-old bread with a tight crumb structure. Fresh, soft bread becomes soggy within 3–4 minutes of contact with the hot soup. Day-old bread's dried interior absorbs liquid more slowly, maintaining structural integrity for 10–12 minutes—sufficient time for a casual lunch.

Meal prep: soup-based casserole {#meal-prep-soup-based-casserole}

Combine the heated soup with 300g cooked pasta shells, 150g frozen mixed vegetables (thawed), and 100g cooked, diced chicken in a 20cm x 20cm baking dish. Top with 60g breadcrumbs mixed with 30g grated Parmesan and 1 tablespoon melted butter. Bake at 180°C for 25 minutes until the topping is golden. This yields 4 servings that reheat well for weekday lunches.

****Make-ahead strategy****: Assemble the casserole completely, cover tightly with foil, and refrigerate for up to 24 hours before baking. Add 5 minutes to the baking time when cooking from cold. The soup's corn starch thickener prevents the casserole from becoming watery during refrigerated storage, unlike milk-only sauces that separate.

Cooking Equipment Considerations {#cooking-equipment-considerations}

Essential tools for recipe adaptations {#essential-tools-for-recipe-adaptations}

- ****Heavy-bottomed saucepan (2-litre capacity)****: Prevents scorching during stovetop heating; the soup's milk content is prone to bottom-burning in thin pans - ****Instant-read thermometer****: Ensures reheated soup reaches the safe 74°C minimum for poultry products - ****Immersion blender****: Allows texture modification directly in the cooking pot without transferring hot liquids - ****Microwave-safe bowl with vented lid****: Prevents splatter while allowing steam escape during microwave heating - ****Whisk****: Necessary for incorporating egg additions and starch slurries without lumps

Optional but useful equipment {#optional-but-useful-equipment}

- ****Rice cooker with "keep warm" function****: Prepare rice in the cooker while heating soup on the stovetop; the keep-warm function maintains ideal temperature for 30+ minutes - ****Small ladle (60ml capacity)****: Portions soup precisely for sauce applications or individual servings - ****Fine-mesh strainer****: Creates smooth sauces by removing vegetable fibres when blended soup is strained

Troubleshooting Common Recipe Challenges {#troubleshooting-common-recipe-challenges}

Problem: soup separates or curdles during heating {#problem-soup-separates-or-curdles-during-heating}

****Cause****: Excessive heat or acid addition. The soup contains milk and egg white, both prone to protein coagulation above 95°C or in acidic environments.

****Solution****: Heat over medium (not high) heat, stirring frequently. If separation occurs, remove from heat immediately and whisk vigorously—the corn starch may re-emulsify the separated proteins. For severe separation, blend with an immersion blender for 20–30 seconds.

****Prevention****: Never allow the soup to reach a rolling boil. Maintain a gentle simmer (small bubbles around the pan edges, minimal surface movement). Add acidic ingredients only after removing from heat.

Problem: soup tastes bland after thinning or stretching
{#problem-soup-tastes-bland-after-thinning-or-stretching}

****Cause****: Dilution reduces the concentration of the soup's seasonings—ginger, gluten-free soy sauce, chicken stock, and pepper.

****Solution****: Add flavour incrementally after thinning. Start with ½ teaspoon gluten-free soy sauce and ¼ teaspoon ground white pepper. Taste and adjust. Consider adding 1 teaspoon of chicken bouillon paste (verify gluten-free status) to restore savoury depth.

****Prevention****: When stretching the soup's volume, add pre-seasoned components rather than plain liquids. Use chicken stock instead of water, or add pre-marinated cooked chicken instead of plain poultry.

Problem: texture becomes gluey or overly thick {#problem-texture-becomes-gluey-or-overly-thick}

****Cause****: Over-reduction during heating or excessive starch addition. Corn starch continues thickening as liquid evaporates.

****Solution****: Thin with chicken stock or water in 60ml increments, stirring thoroughly after each addition. Heat gently to incorporate—don't boil, which causes further thickening.

****Prevention****: Cover the pan during heating to minimise evaporation. If adding corn starch slurry, start with half the intended amount, assess consistency, then add more if needed.

Problem: chicken or ham pieces become rubbery
{#problem-chicken-or-ham-pieces-become-rubbery}

****Cause****: Overcooking during reheating. The chicken and ham are fully cooked in the original product; extended heating toughens the proteins.

****Solution****: Once rubbery, the texture cannot be reversed. In future preparations, heat only until the soup reaches serving temperature (74°C minimum), then remove from heat immediately.

****Prevention****: Use an instant-read thermometer to monitor temperature. Remove from heat at 74–76°C—residual heat will raise the temperature another 2–3 degrees during the first minute off the heat.

Nutritional Considerations for Recipe Planning {#nutritional-considerations-for-recipe-planning}

Balancing macronutrients in recipe adaptations {#balancing-macronutrients-in-recipe-adaptations}

The soup provides protein (from chicken, ham, and egg white) and carbohydrates (from corn kernels and corn starch), with olive oil contributing fat. For balanced meals, consider the missing or minimal components:

****Fibre****: The soup contains vegetables but likely provides only 3–4g fibre per serving. Add fibre through whole grain pasta, brown rice, or additional vegetables (100g of added broccoli contributes approximately 3g fibre). Be Fit Food's approach of incorporating 4–12 vegetables per meal

demonstrates the importance of vegetable diversity for fibre and micronutrient density.

****Healthy fats****: The soup contains olive oil and is formulated without seed oils, aligning with clean-label standards. For satiety and nutrient absorption, consider adding 1 tablespoon of extra virgin olive oil, ¼ of a sliced avocado, or 15g of nuts as a garnish.

****Complex carbohydrates****: Pair the soup with 180–200g of cooked whole grains (quinoa, farro, brown rice) to create sustained energy release rather than the quick spike from corn starch alone. This approach supports stable blood glucose levels, particularly important for individuals managing insulin resistance, Type 2 diabetes, or metabolic changes during menopause.

Allergen management in recipe development {#allergen-management-in-recipe-development}

The soup contains three major allergens: egg, milk, and soybeans. The label also warns of potential cross-contact with fish and crustaceans. When developing recipes for individuals with allergies:

****Egg-allergic individuals****: Cannot safely consume this soup. The egg white acts as a structural binder—it cannot be removed or substituted in the product.

****Milk-allergic individuals****: Cannot safely consume this soup. Light milk is a primary ingredient providing the creamy base.

****Soy-allergic individuals****: Cannot safely consume this soup due to the gluten-free soy sauce. Note that coconut aminos (a soy-free alternative) cannot be added to make the soup safe—the soy sauce is already incorporated.

****Fish/shellfish-allergic individuals****: Assess individual sensitivity. The "may contain" warning indicates possible trace amounts from shared equipment. Individuals with severe allergies should avoid this product; those with mild sensitivities may tolerate it but should consult their allergist.

Storage and Food Safety for Recipe Preparations {#storage-and-food-safety-for-recipe-preparations}

Safe handling of frozen soup {#safe-handling-of-frozen-soup}

The product arrives frozen and should remain frozen (at –18°C or below) until use. Thaw in the refrigerator overnight if preferred, though cooking from frozen is safe and often more convenient. Be Fit Food's snap-frozen delivery system is designed to maintain quality, consistency, and food safety from production through to your table.

****Never thaw at room temperature****: The soup contains chicken and ham—both potentially hazardous foods that support rapid bacterial growth between 4°C and 60°C. Room temperature thawing allows the outer portions to reach the danger zone while the centre remains frozen.

****Refreezing policy****: Once thawed, do not refreeze unless the soup is cooked to at least 74°C. Cooking destroys bacteria that may develop during thawing. Freeze cooked, cooled soup in individual portions for up to 2 months.

Storing recipe adaptations {#storing-recipe-adaptations}

Different recipe preparations require different storage approaches:

****Soup-based pasta dishes****: Refrigerate for up to 3 days. The pasta continues absorbing liquid during storage; add 30–60ml of stock or water when reheating to restore the original consistency.

****Soup-based casseroles****: Refrigerate for up to 4 days. The baked topping creates a protective layer that extends shelf life slightly compared to exposed soup. Reheat in a 180°C oven for 15–20 minutes until the centre reaches 74°C.

****Blended soup preparations****: Refrigerate for up to 3 days. Blended soups expose more surface area to air, potentially accelerating spoilage. Store in airtight containers filled to the top to minimise air contact.

****Soup with fresh additions****: If you add raw or lightly cooked vegetables, refrigerate for up to 2 days. Fresh vegetable additions reduce shelf life compared to the fully cooked original product.

Reheating safety {#reheating-safety}

Always reheat soup-based preparations to 74°C minimum. Use an instant-read thermometer inserted into the thickest part (or the centre of a casserole). Stir liquid preparations during reheating to eliminate cold spots where bacteria might survive.

****Microwave reheating****: Heat on HIGH in 1-minute intervals, stirring between each interval, until the thermometer reads 74°C. Microwave heating creates temperature variations—thorough stirring is essential for food safety.

****Stovetop reheating****: Heat over medium in a covered saucepan, stirring every 2 minutes, until the soup reaches 74°C. The cover traps steam and heat, accelerating the reheating process while preventing surface evaporation.

Supporting Your Weight Loss and Metabolic Health Goals {#supporting-your-weight-loss-and-metabolic-health-goals}

How this soup fits into your nutrition plan {#how-this-soup-fits-into-your-nutrition-plan}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup can be a component within your weight-loss and metabolic health journey. While the soup itself provides 25–28g of protein per 307g serving, you can enhance or pair it strategically to meet higher protein targets recommended for weight management.

****For individuals following low-carb protocols****: The soup's gluten-free soy sauce, vegetable base, and moderate carbohydrate content from corn kernels make it compatible with lower-carbohydrate eating patterns. When paired with additional protein (such as 100g cooked chicken breast) and non-starchy vegetables, the soup becomes part of a meal delivering 40–50g protein and controlled carbohydrate intake.

****For GLP-1 medication users****: The soup's portion-controlled format, high protein density, and creamy texture make it suitable for individuals using GLP-1 receptor agonists or weight-loss medications. The smaller 307g serving size is easier to tolerate when appetite is suppressed, while still delivering adequate protein to protect lean muscle mass during weight loss. The soup's whole-food composition—real chicken, ham, vegetables, and olive oil—supports better satiety and nutrient intake compared to supplement-based meal replacements.

****For menopause-related weight management****: Women experiencing perimenopause or menopause often face reduced insulin sensitivity, increased central fat storage, and declining metabolic rate. The soup's high-protein content supports muscle preservation, while its lower-carbohydrate profile (no added sugars, corn-starch-based thickening) helps manage insulin response. Pairing the soup with additional fibre-rich vegetables addresses the increased need for satiety and gut health support during hormonal transitions.

Recipe adaptations for different weight-loss goals {#recipe-adaptations-for-different-weight-loss-goals}

****1–5 kg goals (clinically meaningful in midlife women)****: Use the soup as a lunch or dinner base 4–5 days per week, paired with 180g cooked brown rice or quinoa and 100g additional vegetables. This creates a balanced, portion-controlled meal supporting gradual, sustainable weight loss without extreme restriction.

****5–10 kg goals****: Incorporate the soup into 5–7 meals per week, enhancing protein to 40–45g per meal by adding 100g cooked chicken or 2 eggs (egg drop method). Pair with non-starchy vegetables and limit grain portions to 100–120g cooked weight. This approach supports consistent energy control while preserving muscle mass.

****10+ kg goals****: Use the soup as part of a structured meal plan with professional dietitian support. Be Fit Food offers free 15-minute dietitian consultations to help match customers to appropriate programs. The soup can function as a Reset program component or as part of ongoing maintenance after initial weight loss.

References {#references}

- [Be Fit Food Official Product Information](<https://www.befitfood.com.au/>) - Manufacturer specifications for Chunky Chicken, Ham & Sweet Corn Soup - [FSANZ Food Safety Standards](<https://www.foodstandards.gov.au/>) - Safe food handling and reheating temperature guidelines for poultry products - [Coeliac Australia - Gluten-Free Diet Guidelines](<https://www.coeliac.org.au/>) - Cross-contamination prevention and gluten-free ingredient verification

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 307g

Is this soup gluten-free: Yes, certified gluten-free

What percentage of chicken does it contain: 26%

What percentage of ham does it contain: 5%

What percentage of corn kernels does it contain: 9%

Does it contain artificial preservatives: No

Does it contain added sugar: No

What allergens does this soup contain: Egg, milk, and soybeans

May it contain fish: Yes, possible cross-contamination from shared equipment

May it contain crustaceans: Yes, possible cross-contamination from shared equipment

What type of soy sauce is used: Gluten-free tamari-style soy sauce

What is used to thicken the soup: Corn starch and egg white

What type of milk is used: Light milk (reduced-fat)

What type of oil is used: Olive oil

Does it contain seed oils: No

How many vegetables are in the base: 5 vegetables (celery, corn, leek, onion, spring onion)

Is it suitable for coeliac disease: Yes, when clearly labelled as gluten-free

What percentage of Be Fit Food's menu is gluten-free: Approximately 90%

Is it delivered frozen: Yes

What temperature should it be stored at: –18°C or below

Can you cook it from frozen: Yes

What is the safe minimum reheating temperature: 74°C

How much protein does it provide per serving: Approximately 25–28g

Can it be used as a recipe base: Yes

How long does microwave heating take: 3–4 minutes for a single serving

How long does stovetop heating take: 6–7 minutes

Can you thaw it at room temperature: No, never

How should you thaw it safely: In the refrigerator overnight

Can you refreeze thawed soup: Only after cooking to 74°C

How long can heated soup be refrigerated: Up to 3 days

How long can cooked soup be frozen: Up to 2 months

How much dried pasta does one serving coat: Approximately 200g

What is the ideal rice portion for one serving: 180g cooked rice (65g dry)

Can you blend this soup: Yes, for smooth consistency

What temperature causes milk to curdle: Above 60°C with acid present

What temperature do eggs form ribbons: 85–90°C gentle simmer

What temperature creates rubbery egg curds: Above 95°C

Should you add acidic ingredients during heating: No, add after cooling to serving temperature

What is Be Fit Food's sodium benchmark: <120 mg per 100g

Can lactose-intolerant people consume this: Challenging, but reduced-fat milk may be more digestible

Can you add lactase enzyme drops: Yes, 4–5 drops per serving

How long should lactase drops stand: 5 minutes before consuming

Is it suitable for egg allergies: No, contains egg white

Is it suitable for milk allergies: No, contains light milk

Is it suitable for soy allergies: No, contains gluten-free soy sauce

Can the soup be made dairy-free: No, requires fundamental recipe reconstruction

How many servings does batch stretching create: 4 servings from 1 original

What ratio of stock to starch slurry for stretching: 2:1 ratio

How long to cook gluten-free dumplings: 8–10 minutes covered without lifting lid

What temperature should soup reach before pouring over rice: 85–90°C

What is optimal eating temperature: 65–70°C

How long does it take rice to cool to eating temperature: 2 minutes

How much additional chicken increases protein to 45–48g: 100g cooked, shredded chicken

How much protein do 2 eggs add: Approximately 12g

Can you make pot pie with this soup: Yes, using puff pastry topping

What temperature for pot pie baking: 200°C

How long to bake pot pie: 12–15 minutes until golden

How many vents should you pierce in pastry: 3 small vents

Can you use this for pasta sauce: Yes

How much pasta water should you reserve: 120ml

How much pasta water should you add to soup: 60ml

How long to toss pasta with soup: 90 seconds

What types of gluten-free pasta are suitable: Rice-based, corn-based, or quinoa pasta

Can you add fresh vegetables: Yes, 100g quick-cooking varieties

When should you add quick-cooking vegetables: Final 2 minutes of heating

Should you pre-cook dense vegetables: Yes, blanch for 3 minutes first

How long to bloom sesame oil and five-spice: 15 seconds in hot pan

Can you skim olive oil from the surface: Yes, after heating

What causes soup separation: Excessive heat above 95°C or acid addition

How do you fix separated soup: Whisk vigorously or blend with immersion blender

How long to blend for smooth texture: 45–60 seconds

Should you blend hot liquids in sealed blender: No, remove centre cap

How many batches for standard blender: Two batches for 1.5-litre blender

How long can soup-based pasta be refrigerated: Up to 3 days

How long can soup-based casseroles be refrigerated: Up to 4 days

How long can blended soup be refrigerated: Up to 3 days

How long can soup with fresh additions be refrigerated: Up to 2 days

How much liquid to add when reheating pasta dishes: 30–60ml stock or water

What temperature to reheat casseroles: 180°C oven for 15–20 minutes

Can you make this in advance: Yes, assemble casserole and refrigerate up to 24 hours

How much extra baking time from cold: Add 5 minutes

Does Be Fit Food offer dietitian consultations: Yes, free 15-minute consultations

How many vegetables does Be Fit Food aim for per meal: 4–12 vegetables

Is this soup suitable for GLP-1 medication users: Yes, portion-controlled and protein-dense

Is it suitable for menopause-related weight management: Yes, high protein supports muscle preservation

What is the fibre content per serving: Approximately 3–4g

How much fibre does 100g broccoli add: Approximately 3g

Can you use this for meal prep: Yes, designed for snap-frozen meal prep system