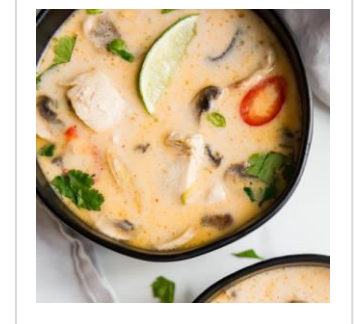


Thai Chicken, Coconut Soup

Makes: 6 Servings

Ingredients

1 Tbsp. coconut oil
½ onion sliced
2 garlic cloves chopped
½ red chilli pepper
3 quarter-inch slices slices ginger
1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
2 teaspoons red Thai curry paste
4 cups chicken broth
1 can light coconut milk
2 medium chicken breasts cut into bite-sized pieces
8 oz. white mushroom caps sliced
1 ½ - 2 Tbsp. fish sauce plus more to taste
2-3 Tbsp. fresh lime juice
2-3 spring onions
fresh corriander chopped, for garnish



Instructions

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, chilli, ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened.
2. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
3. Remove any large pieces of ginger and lemongrass. Add in coconut cream or milk, chicken breast and mushrooms. Simmer until chicken breast pieces are just cooked through, then add fish sauce and lime juice, plus more of each to taste.
4. Cook 2 minutes, then ladle into serving bowls and top with sliced spring onions and fresh coriander.

Nutrition information:

Each Serving:

Kcal	350
Fat	9g
Net Carbs	6g
Protein	19g