

THAI COCONUT CHICKEN SOUP



SERVINGS: 2

TOTAL TIME: 1 HOUR

INGREDIENTS

- 1 tbsp coconut oil
- 1/2 onion, thinly sliced
- 2 cloves of garlic
- 3 slices of ginger
- 1 tsp of lemongrass powder
- 4 cups of chicken broth
- 4 cups canned full-fat coconut cream or milk
- 2 medium chicken breasts
- 1/2 cup white mushroom caps, sliced
- 1-2 tbsp fish sauce to taste
- 2-3 tablespoons fresh lime juice
- 2-3 green onions, sliced thin
- cilantro for garnish

DIRECTIONS

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, ginger, lemongrass powder, and red curry paste and cook, stirring frequently for 5 minutes, or until onions are softened. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
2. Strain out the garlic and ginger and discard. Add in coconut cream/milk, chicken breast, and mushrooms. Simmer until chicken breast pieces are just cooked through, then add fish sauce and lime juice.
3. Cook for 2 more minutes, then ladle into serving bowls and top with sliced green onions and cilantro.