



Coconut-Curry Chicken Soup

Chicken soup flavored with coconut and curry make this Thai recipe a reader favorite. Snow peas, spinach, and chicken breast give this coconut curry chicken soup flavor, texture, and a wealth of nutrients.

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Yield: 7 servings (serving size: 2 cups soup and 1 lime wedge)

Photo by: Photo: Randy Mayor; Styling: Jan Gautro

Ingredients

4 cups water	2 garlic cloves, minced
3 cups fresh spinach leaves	6 cups fat-free, less-sodium chicken broth
1/2 pound snow peas, trimmed and cut in half crosswise	1 (13.5-ounce) can light coconut milk
1 (5 3/4-ounce) package pad thai noodles (wide rice stick noodles)	2 1/2 cups shredded cooked chicken breast (about 1 pound)
1 tablespoon canola oil	1/2 cup chopped green onions
1/4 cup thinly sliced shallots	2 tablespoons sugar
2 teaspoons red curry paste	2 tablespoons fish sauce
1 1/2 teaspoons curry powder	1/2 cup chopped fresh cilantro
1/2 teaspoon ground turmeric	4 small hot red chiles, seeded and chopped, or 1/4 teaspoon crushed red pepper
1/2 teaspoon ground coriander	7 lime wedges

Preparation

1. Bring 4 cups water to a boil in a large saucepan. Add spinach and peas to pan; cook for 30 seconds. Remove vegetables from pan with a slotted spoon; place in a large bowl. Add noodles to pan; cook 3 minutes. Drain; add noodles to spinach mixture in bowl.

2. Heat canola oil in pan over medium-high heat. Add shallots and the next 5 ingredients (through garlic) to pan; sauté 1 minute, stirring constantly. Add chicken broth to pan, and bring to a boil. Add coconut milk to pan; reduce heat, and simmer 5 minutes. Add chicken, onions, sugar, and fish sauce to pan; cook for 2 minutes. Pour chicken mixture over noodle mixture in bowl. Stir in cilantro and chiles. Serve with lime wedges.

Nutritional Information

Amount per serving

Calories: 315 Calories from fat: 22% Fat: 7.8g Saturated fat: 3.7g Monounsaturated fat: 2.2g

Polyunsaturated fat: 1.3g Protein: 29.3g Carbohydrate: 30.9g Fiber: 2.4g Cholesterol: 62mg Iron: 3.2mg

Sodium: 841mg Calcium: 78mg

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