



Chicken Khao Soi

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves chopped
- 1 teaspoon curry powder
- 1 pound egg noodles chinese
- 3 tablespoons fish sauce () (such as nam pla or nuoc nam)
- 8 garlic clove
- 1 tablespoon ground coriander
- 1 tablespoon turmeric
- 4 large guajillo chiles* dried stemmed halved seeded

- 8 servings kosher salt
- 1 tablespoon brown sugar light packed ()
- 2 cups chicken broth low-sodium
- 1 sprigs bean sprouts crispy red sliced (for serving)
- 1.5 pounds chicken thighs boneless skinless halved lengthwise
- 28 ounce coconut milk unsweetened canned
- 2 tablespoons vegetable oil

Equipment

- food processor
- bowl
- pot

Directions

- Place chiles in a small heatproof bowl, add boiling water to cover, and let soak until softened, 25–30 minutes.
- Drain chiles, reserving soaking liquid. Purée chiles, shallots, garlic, ginger, cilantro stems, coriander, turmeric, curry powder, and 2 tablespoons soaking liquid in a food processor, adding more soaking liquid by tablespoonfuls, if needed, until smooth.
- Heat oil in a large heavy pot over medium heat.
- Add khao soi paste; cook, stirring constantly, until slightly darkened, 4–6 minutes.
- Add coconut milk and broth. Bring to a boil; add chicken. Reduce heat and simmer until chicken is fork-tender, 20–25 minutes.
- Transfer chicken to a plate.
- Let cool slightly; shred meat.
- Meanwhile, cook noodles according to package directions.
- Add chicken, 3 tablespoons fish sauce, and sugar to soup. Season with salt or more fish sauce, if needed. Divide soup and noodles among bowls and serve with toppings.

Nutrition Facts



■ PROTEIN **18.75%** ■ FAT **57.89%** ■ CARBS **23.36%**

Properties

Glycemic Index:9, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:16.503043506456%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 489.43kcal (24.47%), Fat: 32.35g (49.77%), Saturated Fat: 23.06g (144.12%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 24.94g (9.07%), Sugar: 6.45g (7.17%), Cholesterol: 80.8mg (26.93%), Sodium: 931.77mg (40.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Manganese: 1.1mg (54.89%), Selenium: 26.74µg (38.21%), Vitamin B3: 6.72mg (33.58%), Phosphorus: 289.95mg (29%), Vitamin B6: 0.52mg (25.77%), Iron: 4.34mg (24.09%), Magnesium: 75.65mg (18.91%), Copper: 0.37mg (18.68%), Potassium: 622.96mg (17.8%), Fiber: 4.43g (17.71%), Zinc: 2.16mg (14.43%), Vitamin B5: 1.25mg (12.5%), Vitamin K: 12.72µg (12.11%), Vitamin B2: 0.2mg (11.88%), Vitamin B12: 0.64µg (10.6%), Vitamin A: 521.26IU (10.43%), Vitamin B1: 0.11mg (7.63%), Folate: 24.83µg (6.21%), Vitamin C: 4.84mg (5.86%), Vitamin E: 0.73mg (4.88%), Calcium: 43.95mg (4.4%)