

# Chicken Khao Soi

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



490 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)
- 1 ginger peeled sliced
- 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 18.74% FAT 57.82% CARBS 23.44%

## Properties

Glycemic Index:10.88, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:16.538261061129%

## 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: 490.13kcal (24.51%), Fat: 32.36g (49.78%), Saturated Fat: 23.06g (144.13%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 25.07g (9.12%), Sugar: 6.47g (7.18%), Cholesterol: 80.8mg (26.93%), Sodium: 931.89mg (40.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.19%), Manganese: 1.1mg (54.99%), Selenium: 26.75µg (38.21%), Vitamin B3: 6.72mg (33.61%), Phosphorus: 290.25mg (29.02%), Vitamin B6: 0.52mg (25.84%), Iron: 4.34mg (24.12%), Magnesium: 76.03mg (19.01%), Copper: 0.38mg (18.78%), Potassium: 626.59mg (17.9%), Fiber: 4.45g (17.78%), Zinc: 2.17mg (14.45%), Vitamin B5: 1.25mg (12.52%), Vitamin K: 12.72µg (12.12%), Vitamin B2: 0.2mg (11.9%), Vitamin B12: 0.64µg (10.6%), Vitamin A: 521.26IU (10.43%), Vitamin B1: 0.11mg (7.65%), Folate: 24.93µg (6.23%), Vitamin C: 4.88mg (5.91%), Vitamin E: 0.73mg (4.9%), Calcium: 44.09mg (4.41%)