

DINNER

Hot and Sour Coconut Soup

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$4.18	135 kcal

Hot and Sour Coconut Soup might be just the main course you are searching for. One portion of this dish contains about 13g of protein, 4g of fat, and a total of 135 calories. This gluten free, dairy free, and whole 30 recipe serves 6 and costs \$4.18 per serving. Winter will be even more special with...

Ingredients

- ☐ 28 ounce fat-free, less-sodium chicken broth
canned
- ☐ ¼ cup chopped fresh cilantro
- ☐ 3 garlic cloves, halved
- ☐ 1 cup light coconut milk
- ☐ 8 ounces skinless, boneless chicken breast, cut into bite-sized pieces
- ☐ 15 ounce whole straw mushrooms, rinsed and drained
canned
- ☐ 2 teaspoons sambal oelek (ground fresh chile paste)
ground chile paste
- ☐ ¼ cup chopped fresh basil
- ☐ ½ cup (1-inch) slices peeled fresh ginger
- ☐ 20 inch fresh lemongrass, each cut into 2-inch pieces
- ☐ 2 tablespoons fresh lime juice
- ☐ 1 cup snow peas, halved crosswise
- ☐ 1 tablespoon Thai fish sauce

EQUIPMENT Bowl, Frying pan, Sauce pan, Sieve

Method

- 1 Place ginger, cilantro, garlic, broth, and lemongrass in a large saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Strain the mixture through a sieve over a bowl; discard solids. Return infused broth to pan.
- 2 Add coconut milk, fish sauce, sambal oelek, chicken, and mushrooms; bring to a boil. Reduce heat, and simmer 10 minutes.
- 3 Add peas; cook 3 minutes.
- 4 Remove from heat; stir in basil and lime juice.

Nutrition per serving

135	13 g	4 g	13 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.5 g · 16% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			1,124 mg · 49% of daily needs
Cholesterol			24.2 mg · 8% of daily needs
Vitamin C			13.7 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/hot-and-sour-coconut-soup-148481