



# Red Curry, Coconut milk and Rice Noodle Thai Soup – I Adore Food

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lemon grass
- 4 Tablespoon curry paste red
- 7 kaffir lime leaves fresh washed
- 3 cans coconut milk
- 3 cup chicken broth
- 2 chicken breast very thinly sliced
- 6 mushrooms sliced

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- 1 bell pepper sweet red thinly sliced
- 1 cup bean sprouts
- 0.5 cup carrots thinly sliced
- 0.3 cup cilantro leaves fresh chopped
- 4 small pepper flakes fresh red
- 2 handfuls vermicelli thai style (pad )
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- 1 juice of lime
- 6 carrots mini thinly sliced ( reserve a couple of pieces to garnish)
- 1 spring onion thinly sliced (scallions)

## Equipment

- bowl
- knife
- pot
- cutting board

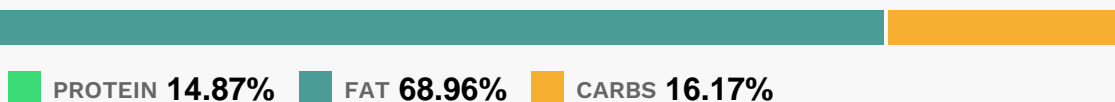
## Directions

- In a big pot, put your chicken broth and your coconut milk and heat up on high heat.
- Mix well and add in your red curry paste and season with salt. Bring the heat down to medium.
- On a cutting board, with the back of a knife, bruise your lemongrass (hit your lemongrass many times for it to break down a bit. That way the juices will leak out and flavor your broth).
- Add your lemongrass, lime leaves and dried chilies to your broth and mix well.
- Let the broth simmer for 5 minutes and add your red peppers, carrots, mushrooms, cilantro and noodles.
- Let it cook for about 5 minutes, mixing well to make sure the noodles don't stick together. Test your noodles. If they are about half cooked, throw in your chicken. Since you sliced the chicken very thin, it should not take more than 3-4 minutes to cook. Test your chicken and your noodles. If they are both ready, throw in your bean sprouts and cook for one more

minute (I like my brean sprouts still crunchy).

- Take out your lemongrass and the lime leaves (or leave them in but I wouldn't eat them).
- Drizzle some lime juice in each serving bowl, on top of the soup.
- Serve and Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:69.11, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:36.562608926193%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 630.67kcal (31.53%), Fat: 51.08g (78.59%), Saturated Fat: 43.03g (268.94%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 18.5g (6.73%), Sugar: 15.36g (17.07%), Cholesterol: 50.56mg (16.85%), Sodium: 611.47mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.57%), Vitamin A: 14550.28IU (291.01%), Manganese: 2.18mg (109.17%), Vitamin C: 85.27mg (103.36%), Vitamin B3: 12.52mg (62.58%), Selenium: 41.17µg (58.82%), Vitamin B6: 1mg (50.02%), Phosphorus: 453.42mg (45.34%), Copper: 0.81mg (40.36%), Potassium: 1367.76mg (39.08%), Fiber: 8.46g (33.83%), Magnesium: 121.43mg (30.36%), Iron: 4.99mg (27.7%), Vitamin K: 26.94µg (25.66%), Vitamin B2: 0.42mg (24.46%), Vitamin B5: 2.45mg (24.46%), Folate: 84.86µg (21.22%), Vitamin B1: 0.25mg (17%), Zinc: 2.48mg (16.51%), Vitamin E: 1.54mg (10.29%), Calcium: 90.41mg (9.04%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.16µg (1.04%)