



# Spicy Curry Noodle Soup with Chicken and Sweet Potato

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chili paste depending on your taste pref hot (such as sambal oelek)
- 2 tablespoons curry powder
- 2.5 tablespoons fish sauce (such as nam pla or nuoc nam)
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced peeled
- 3 garlic clove chopped
- 0.3 cup spring onion thinly sliced

- 2 tablespoons lemon grass minced (from bottom 4 inches of 3 stalks, tough outer leaves discarded)
- 1 lime cut into 6 wedges
- 5 cups chicken broth
- 0.5 cup onion red thinly sliced
- 2 cups cubes red-skinned sweet potato peeled (yam; from 1 large)
- 1 pound vermicelli dried
- 1 pound vermicelli dried
- 3 tablespoons shallots chopped
- 0.8 pound chicken thighs boneless skinless thinly sliced
- 3 cups snow peas trimmed
- 2 teaspoons sugar
- 3 thai chile red with seeds thinly sliced
- 2 tablespoons thai curry paste yellow
- 27 ounce coconut milk unsweetened divided canned
- 2 tablespoons vegetable oil

## Equipment

- bowl
- sauce pan
- pot
- sieve
- microwave
- kitchen scissors

## Directions

- Heat oil in heavy large saucepan over medium heat.
- Add next 4 ingredients; stir until fragrant, about 1 minute. Reduce heat to medium-low. Stir in curry paste, curry powder, and chili paste.

- Add 1/2 cup coconut milk (scooped from thick liquid at top of can). Stir until thick and fragrant, about 2 minutes.
- Add remaining coconut milk, broth, fish sauce, and sugar; bring broth to boil. Keep warm. DO AHEAD: Can be made 1 day ahead. Refrigerate until cold, then cover and keep chilled.
- Cook snow peas in large pot of boiling salted water until bright green, about 20 seconds. Using strainer, remove peas from pot; rinse under cold water to cool.
- Place peas in medium bowl. Bring water in same pot back to boil.
- Add sweet potato and cook until tender, about 7 minutes. Using strainer, remove sweet potato from pot and rinse under cold water to cool.
- Place in small bowl. Bring water in same pot back to boil and cook noodles until just tender but still firm to bite, about 6 minutes.
- Drain; rinse under cold water to cool.
- Transfer to microwave-safe bowl. DO AHEAD: Can be made 1 hour ahead.
- Let stand at room temperature.
- Bring broth to simmer.
- Add chicken; simmer until chicken is cooked through, about 10 minutes.
- Add sweet potato; stir to heat through, about 1 minute.
- Heat noodles in microwave in 30-second intervals to rewarm.
- Cut noodles with scissors if too long. Divide noodles among bowls. Divide snow peas and hot soup among bowls. Scatter red onion, green onions, cilantro, and chiles over soup.
- Garnish with lime wedges and serve.
- \*Available at some supermarkets, at specialty foods stores and Asian markets, and online from [adrianascaravan.com](http://adrianascaravan.com).

## Nutrition Facts



### Properties

Glycemic Index:64.85, Glycemic Load:73.56, Inflammation Score:-10, Nutrition Score:36.385652173913%

### Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## **Nutrients (% of daily need)**

Calories: 1104.37kcal (55.22%), Fat: 40.19g (61.83%), Saturated Fat: 29.04g (181.48%), Carbohydrates: 161.3g (53.77%), Net Carbohydrates: 150.82g (54.84%), Sugar: 14.27g (15.85%), Cholesterol: 53.86mg (17.95%), Sodium: 1022.89mg (44.47%), Protein: 27.06g (54.11%), Vitamin A: 14278.51IU (285.57%), Manganese: 2.65mg (132.4%), Vitamin C: 56.72mg (68.75%), Selenium: 45.52µg (65.03%), Phosphorus: 610.04mg (61%), Vitamin B3: 8.84mg (44.22%), Fiber: 10.48g (41.92%), Copper: 0.8mg (39.76%), Iron: 6.71mg (37.26%), Vitamin B6: 0.73mg (36.46%), Potassium: 1254.54mg (35.84%), Vitamin K: 36.99µg (35.23%), Magnesium: 135.23mg (33.81%), Zinc: 3.62mg (24.11%), Vitamin B5: 2.03mg (20.34%), Vitamin B1: 0.3mg (20.26%), Vitamin B2: 0.32mg (19%), Folate: 68.89µg (17.22%), Calcium: 143.46mg (14.35%), Vitamin E: 1.86mg (12.38%), Vitamin B12: 0.6µg (9.93%)