



Spicy Curry Noodle Soup with Chicken and Sweet Potato



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



829 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 cloves chopped
- ☐ 0.3 cup green onions thinly sliced

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

Equipment

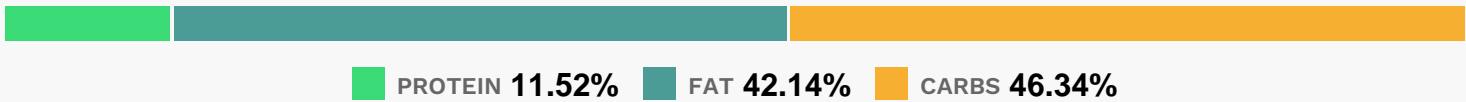
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ microwave
- ☐ kitchen scissors

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.

Nutrition Facts



Properties

Glycemic Index:55.18, Glycemic Load:37.77, Inflammation Score:-10, Nutrition Score:34.156087087548%

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: 829.19kcal (41.46%), Fat: 39.76g (61.18%), Saturated Fat: 28.92g (180.76%), Carbohydrates: 98.37g (32.79%), Net Carbohydrates: 89.1g (32.4%), Sugar: 14.27g (15.85%), Cholesterol: 53.86mg (17.95%), Sodium: 885.3mg (38.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin A: 14278.51IU (285.57%), Manganese: 2.27mg (113.58%), Vitamin C: 56.72mg (68.75%), Phosphorus: 494.37mg (49.44%), Selenium: 34.11µg (48.73%), Vitamin B3: 8.68mg (43.38%), Fiber: 9.27g (37.08%), Copper: 0.74mg (36.81%), Vitamin B6: 0.72mg (35.9%), Vitamin K: 36.99µg (35.23%), Potassium: 1231.86mg (35.2%), Iron: 6.18mg (34.32%), Magnesium: 126.16mg (31.54%), Zinc: 3.06mg (20.38%), Vitamin B5: 2mg (19.96%), Vitamin B1: 0.28mg (18.69%), Vitamin B2: 0.31mg (18.24%), Folate: 66.62µg (16.65%), Calcium: 129.85mg (12.98%), Vitamin E: 1.86mg (12.38%), Vitamin B12: 0.6µg (9.93%)