



Thai Chicken and Noodle Curry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz coconut milk divided canned
- ☐ 0.5 cup cilantro leaves
- ☐ 1.5 tablespoons curry paste such as mae ploy brand*
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup spring onion sliced
- ☐ 1 lime cut into wedges
- ☐ 1 tablespoon juice of lime

- ☐ 1 tablespoon soy sauce reduced-sodium
- ☐ 10 ounce vermicelli
- ☐ 0.3 cup shallots minced
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup thai basil
- ☐ 2 teaspoons vegetable oil
- ☐ 12 ounces chicken breast thinly sliced

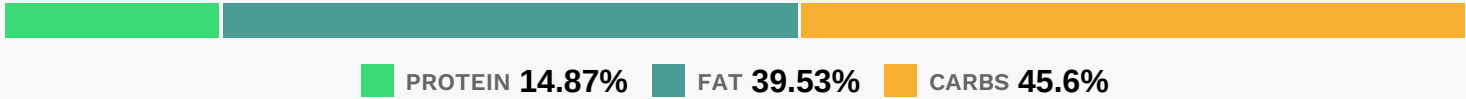
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Bring a medium pot of water to a boil.
- ☐ Add noodles and cook until softened, about 4 minutes.
- ☐ Drain and rinse with cold water. Set aside.
- ☐ Heat oil in a wok or large frying pan over high heat.
- ☐ Add garlic and shallots and cook until fragrant, about 30 seconds.
- ☐ Add chicken, curry paste, and half the coconut milk. Stir well to dissolve paste and boil until liquid is slightly reduced, about 5 minutes. Stir in remaining coconut milk, the sugar, lime juice, soy sauce, and fish sauce, then bring to a boil. Reduce heat and simmer until liquid is slightly thicker, 2 to 3 minutes more.
- ☐ Add noodles, toss to coat, and cook a few minutes until hot, stirring often.
- ☐ Pour mixture into a serving bowl.
- ☐ Sprinkle with green onions, cilantro, and basil.
- ☐ Serve with lime wedges.
- ☐ *Find in grocery stores' Asian foods aisle, at Asian markets, or on amazon.com. Use regular basil if Thai isn't available.

Nutrition Facts



Properties

Glycemic Index:88.52, Glycemic Load:37.26, Inflammation Score:-8, Nutrition Score:23.576521927896%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 652.63kcal (32.63%), Fat: 29.02g (44.65%), Saturated Fat: 22.06g (137.88%), Carbohydrates: 75.32g (25.11%), Net Carbohydrates: 70.3g (25.56%), Sugar: 8.76g (9.73%), Cholesterol: 54.43mg (18.14%), Sodium: 745.82mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.13%), Manganese: 1.48mg (73.86%), Selenium: 45.44µg (64.91%), Vitamin B3: 10.14mg (50.71%), Vitamin K: 49.24µg (46.9%), Phosphorus: 419.01mg (41.9%), Vitamin B6: 0.83mg (41.46%), Vitamin A: 1341.03IU (26.82%), Magnesium: 88.32mg (22.08%), Potassium: 764.67mg (21.85%), Copper: 0.41mg (20.49%), Fiber: 5.02g (20.09%), Vitamin C: 16.15mg (19.58%), Iron: 3.34mg (18.55%), Vitamin B5: 1.58mg (15.83%), Zinc: 1.93mg (12.89%), Folate: 43.6µg (10.9%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.14mg (8.04%), Calcium: 78.34mg (7.83%), Vitamin E: 0.71mg (4.72%), Vitamin B12: 0.19µg (3.19%)