



Thai green chicken soup



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 onion finely chopped
- ☐ 500 g chicken thighs skinless finely chopped
- ☐ 4 garlic clove finely sliced
- ☐ 285 g curry paste green
- ☐ 400 ml coconut milk canned
- ☐ 1.8 l chicken stock see
- ☐ 5 kaffir lime leaves

- ☐ 2 tbsp fish sauce
- ☐ 1 bunch spring onion white green sliced finely chopped
- ☐ 280 g green beans trimmed halved fine
- ☐ 150 g bamboo skewers
- ☐ 2 juice of lime
- ☐ 1 small bunch basil

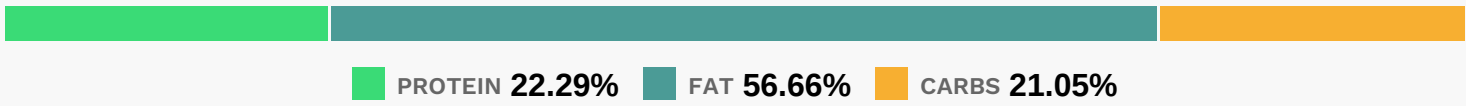
Equipment

- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Heat the oil in your largest pan, add the onion and fry for 3 mins to soften.
- ☐ Add the chicken and garlic, and cook until the chicken changes colour.
- ☐ Add the curry paste, coconut milk, stock, lime leaves and fish sauce, then simmer for 12 mins.
- ☐ Add the chopped onion tops, green beans and bamboo shoots and cook for 4–6 mins, until the beans are just tender.
- ☐ Meanwhile, put the lime juice and basil in a narrow jug and blitz with a hand blender to make a smooth green paste.
- ☐ Pour into the soup with the sliced spring onion and heat through.
- ☐ Serve with lime wedges for a light lunch or supper or as a make-ahead starter.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:21.123478288236%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 369.83kcal (18.49%), Fat: 23.6g (36.3%), Saturated Fat: 13.55g (84.7%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 15.69g (5.71%), Sugar: 10.19g (11.32%), Cholesterol: 66.03mg (22.01%), Sodium: 739.34mg (32.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Vitamin A: 5963.89IU (119.28%), Vitamin B3: 7.83mg (39.16%), Selenium: 23.18µg (33.11%), Manganese: 0.65mg (32.53%), Vitamin B6: 0.56mg (28.21%), Vitamin K: 28.03µg (26.7%), Phosphorus: 254.82mg (25.48%), Vitamin B2: 0.35mg (20.75%), Potassium: 667.43mg (19.07%), Iron: 3.31mg (18.41%), Copper: 0.36mg (17.79%), Vitamin C: 13.83mg (16.77%), Fiber: 4.03g (16.12%), Magnesium: 62.98mg (15.75%), Vitamin E: 2mg (13.33%), Vitamin B1: 0.19mg (12.96%), Zinc: 1.88mg (12.55%), Folate: 42.13µg (10.53%), Vitamin B5: 0.98mg (9.84%), Calcium: 97.51mg (9.75%), Vitamin B12: 0.42µg (7.03%)