



ALIGN LIVING

# Thai Red Curry Soup Ingredients

## Meat

- 1 1/2 lbs Chicken breasts, boneless skinless

## Produce

- 1/2 cup Cilantro, fresh leaves
- 3 cloves Garlic
- 1 tbsp Ginger
- 3 Green onions
- 1 Onion
- 1 Red bell pepper
- 2 bunches of Bok Choy chopped
- 1 package of bean sprouts
- 2 shredded carrots
- 1 can Water Chestnuts

## Canned Goods

- 2 (13.5-ounce) can Coconut milk
- 3 tbsp Red curry paste

## Condiments

- 2 tbsp Lime juice, freshly squeezed
- 1 spring lemongrass - cut in half

## Pasta & Grains

- 4 oz Rice noodles (optional) or Brown Rice
- 1 Kosher salt and freshly ground black pepper

## Oils & Vinegars

- 1 tbsp Coconut Oil



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## Directions



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- Make brown rice or rice noodles separate
- Heat coconut oil in a wok, large stockpot, or Dutch oven over medium heat. Slice chicken, and season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
- Add garlic, bell pepper and onion. Cook, stirring occasionally, until tender, about 3-4 minutes.
- Stir in red curry paste and ginger until fragrant, about 1 minute.
- Stir in coconut milk, scraping any browned bits from the bottom of the pot.
- Stir in chicken, bok choy, water chestnuts, shredded carrots, lemon grass, and bean sprouts. Bring to a boil; reduce heat and cook, stirring occasionally, until reduced, about 10 minutes.
- Stir in green onions, cilantro, and lime juice; season with salt and pepper, to taste.
- Remove lemongrass
- Serve immediately with brown rice or noodles

