

CHICKEN & COCONUT SOUP

Time: 30 minutes

Serves: 4

Ingredients:

5 cups chicken stock
1 pound boneless-skinless chicken thighs – cubed to ½ inch
1 red chili pepper – seeded and halved lengthwise
4" piece lemongrass base – cut lengthwise into four
2 teaspoons fresh grated ginger
½ cup light coconut milk
1 teaspoon sriracha
1 teaspoon kosher salt
6 green onions – sliced
½ cup cilantro leaves

Preparation:

Place a large pot on high heat. Add the stock, chicken, chili, lemongrass and ginger. Bring to a near boil, then reduce heat to simmer for ten minutes.

Stir in the coconut milk, sriracha and salt (if required). Simmer for five minutes.

Remove from heat, remove the lemongrass, then stir in the onions and cilantro leaves. Serve immediately.

Nutritional Information Per Serving:

Calories: 158
Fat: 9g
Carbs: 2g
Fibre: 0.3g
Protein: 17g