

THAI CHICKEN SOUP

Time: 45 minutes

Serves: 4

Ingredients:

8 cups water
2 stalks lemon grass – outer layer discarded - diagonally sliced to 1" pieces
2 inch piece galangal - thinly sliced
12 kafir lime leaves (dried)
5 red chilies - stems removed
6 cloves garlic – thinly sliced
2 roma tomatoes - cut in eight wedges
1/2 white onion - cut into eight wedges
1 lb chicken thighs - cut into strips
1 cup cilantro including stems - roughly chopped
1/3 cup fish sauce
1/2 cup fresh lime juice

Preparation:

Place water, lemon grass, galangal, lime leaves, chilies and garlic in a suitable pot and place on high heat. Bring to a boil and reduce to simmer for fifteen minutes.

Add the tomatoes, onion and chicken, returning to a boil then, reducing to simmer for five minutes.

Remove from heat then, stir in the cilantro, fish sauce and lime juice. Serve immediately.

Nutritional Information Per Serving:

Calories: 245
Fat: 11g
Carbs: 7g
Fibre: 1g
Protein: 29g