



THAI COCONUT CHICKEN SOUP

with red bell pepper, shiitake mushrooms & black sesame seeds

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
25 MIN	2	900	22 GRAMS	PALEO // GLUTEN-FREE

Rich, spicy, and deeply comforting, *tom kha gai*, a traditional Thai coconut soup, is perfect for cool and cozy evenings. Our version is packed with tender chicken, red bell pepper, shiitake mushrooms, and ginger, all simmered in creamy coconut milk and a bright, fish sauce-spiked vegetable broth. A sprinkle of crushed red pepper flakes brings the heat, while sliced scallion and black sesame seeds add a light crunch on top.

INGREDIENTS (9 ITEMS)

⅓ oz	Dried shiitake mushrooms
1 unit	Red bell pepper*
1 whole	Scallion
10 oz	Chicken strips**
2 oz & ¾ oz	Yellow onions & ginger
½ tsp	Crushed red pepper flakes
3 ½ oz	Vegetable broth with citrus juice & fish sauce F
15 oz	Coconut milk T
1 tsp	Black sesame seeds

WHAT YOU'LL NEED

large pot
small bowl
measuring cup & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

- F FISH (anchovies)
- T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**Chicken is fully cooked when internal temperature reaches 165 degrees and it's no longer pink in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Roughly chop **dried shiitake mushrooms**.
- Place **mushrooms** in a small bowl. Cover with about ½ cup water. Let soak at least 5 minutes, or until softened (reserve soaking liquid).

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 FINISH PREP

- Large dice **red bell pepper*** into pieces, about ¾ inch each.
- Thinly slice **scallion**; discard root end.

**The ingredient you received may be a different color.*

3 START SOUP

- Cut **chicken strips** into bite-size pieces if necessary.
- Heat about 1 ½ tablespoons cooking oil in a large pot over medium-high heat. Add **chicken**, **bell pepper**, and **yellow onions and ginger** to hot pot. Season with about ¼ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes**.* Stir to combine. Cook 4–6 minutes, or until chicken begins to brown and veggies begin to soften, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

4 FINISH SOUP

- Add **mushrooms** (with reserved soaking liquid) and **vegetable broth with citrus juice and fish sauce** to pot with chicken and veggies. Cook 1–2 minutes, or until broth is warmed through, stirring occasionally.
- Add **coconut milk**.* Bring to a boil, then reduce heat to medium. Season with about ½ teaspoon salt. Cook 4–6 minutes, or until chicken is fully cooked, stirring occasionally.

**The top of your coconut milk may have solidified during refrigeration. It's just as tasty—just use a spoon to transfer it to the pot.*

5 PLATE YOUR DISH

- Divide **Thai coconut chicken soup** between bowls. Garnish with **scallion** and **black sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (516g)

Amount per serving

Calories 900

	% Daily Value*
Total Fat 74g	95%
Saturated Fat 44g	220%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1340mg	58%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 301mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Chicken Strips [chicken], **Coconut Milk** [coconut extract, water, citric acid, sodium metabisulfite], **Yellow Onions**, **Ginger** [organic ginger, water, citric acid, salt], **Crushed Red Pepper Flakes**, **Lemon Broth With Fish Sauce** (Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil], Fish Sauce [anchovy, sea salt], Lime Juice [lime], Lemon Juice [lemon]), **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Bell Peppers**, **Scallions**, **Black Sesame Seeds** [black sesame seeds]

Allergen information:
Contains Fish And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.
Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

