



**GREEN
CHEF**

THAI COCONUT CHICKEN SOUP

carrots, red bell pepper, shiitakes, black sesame seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Rich, spicy, and deeply comforting, this version of Thai *tom kha gai* soup packs a ton of flavor into every spoonful. Our recipe is brimming with tender chicken, carrots, red bell pepper, shiitakes, and ginger, all simmered in creamy coconut milk with a citrusy, fish-sauce-spiked vegetable broth. Red pepper flakes turn up the heat (add as little or as much as you prefer). A smattering of sliced scallion and sesame seeds on top adds a pleasant crunch to each bowl.



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.

INGREDIENTS (10 ITEMS)

⅛ oz	Dried shiitake mushrooms
1 unit	Red bell pepper
1 whole	Scallion
10 oz	Chicken strips*
4¼ oz	Carrots
2 oz & ¾ oz	Yellow onions & ginger
½ tsp	Crushed red pepper flakes
2¾ oz	Vegetable broth with citrus juice & fish sauce F
10 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)

*Chicken is fully cooked when internal temperature reaches 165°.

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

- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Trim and thinly slice **scallion**.

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

3 START SOUP

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **carrots** to hot pot. Lightly season with salt and pepper. Cook 3–4 minutes, or until carrots begin to brown, stirring occasionally.
- Add **chicken, bell pepper, and yellow onions and ginger**. Season with about ¼ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. 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. Stir to combine. 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 (496g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1260mg	55%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 3mcg	15%
Calcium 82mg	6%
Iron 2mg	10%
Potassium 1181mg	25%

* 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 milk], Yellow Onions, Ginger [organic ginger, organic cane sugar, organic rice vinegar, citric acid], Crushed Red Pepper Flakes, Lemon Broth With Fish Sauce (Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt], 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], Carrots

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.