



**GREEN
CHEF**

THAI-STYLE COCONUT SHRIMP SOUP

shiitake mushrooms, scallion, black sesame seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

520

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// FAST & FIT

Tom kha gai (a spicy Thai chicken soup) gets a seafood upgrade with juicy seared shrimp. Coconut milk makes this savory citrus-spiked broth so creamy and dreamy, you'll forget the dish is dairy-free! Tender bell pepper joins the pot for a striking pop of color, while sesame seeds add a subtle crunch over the top of each bowl.

INGREDIENTS (9 ITEMS)

⅛ oz **Dried shiitake mushrooms**
 1 unit **Red bell pepper**
 1 whole **Scallion**
 10 oz **Shrimp*** SH
 2 oz **Yellow onions**
 & ½ oz **& ginger**
 ½ tsp **Crushed red pepper flakes**
 3½ 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

SH SHELLFISH (shrimp)
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.

*Shrimp are fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish. Consuming raw or undercooked shellfish 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 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

- Cut **red bell pepper*** into strips, about ¼ inch thick. Halve strips widthwise.
- Trim and thinly slice **scallion**.

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

3 START SOUP

- Rinse **shrimp**. Pat dry with paper towels.
- Heat 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **bell pepper** and **yellow onions and ginger**. Season with about half the **crushed red pepper flakes***, ½ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **shrimp** to hot pot. Season with salt and pepper. Cook 1-2 minutes, or until shrimp begin to turn pink, stirring occasionally.

**If heat sensitive, use the 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. Cook 1-2 minutes, or until broth is warmed through, stirring occasionally.
- Add **coconut milk***. Stir to combine. Bring to a boil, then reduce heat to medium. Cook 4-6 minutes, or until shrimp are 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-style coconut shrimp soup** between bowls. Garnish with **scallion**, **black sesame seeds**, and remaining **crushed red pepper flakes** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (440g)

Amount per serving

Calories 520

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 21g	105%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1720mg	75%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 2mcg	10%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 630mg	15%

* 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:

Shrimp [shrimp, water, sodium bicarbonate, citric acid, salt], **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], **Black Sesame Seeds** [black sesame seeds], **Scallions**, **Bell Peppers**, **Coconut Milk** [coconut milk]

Allergen information:

Contains Tree Nuts, Fish And Shellfish

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.