



Thai Coconut Soup with Chicken

Ingredients

- 1 teaspoon Sunflower Oil
- 10 g Ginger Root
- 10 g Red Chilli
- 20 g clove garlic, crushed
- 200 g Chicken Breast
- 75 g Maggi Coconut Milk Powder
- 300 ml Tap Water
- 50 g Rice noodles, cooked
- 120 g Carrots
- 70 g French Bean
- 1 tablespoon Lime Juice
- 50 g Spring Onions
- 10 g Fresh Basil

Instructions

1. Cut the chicken breast fillet into strips. Clean and wash vegetables. Cut sugar snap peas diagonally into strips. Peel the carrot and cut into thin sticks, the spring onions into rings and the chili into strips.
2. Heat oil in a saucepan. Sauté the carrot sticks, spring onions and chili. Add the ginger and garlic and sauté briefly.
3. Put the coconut milk powder into a small bowl and gradually whisk in 300ml boiling water until you have a smooth coconut milk. Add the chicken strips, coconut milk and water and bring to the boil. Add the glass noodles and simmer over medium heat for 4 minutes. Add sugar snap peas and simmer for another 1 minute.
4. Season with lime juice and serve sprinkled with coriander leaves.

Nutrition

Carbohydrate	50.38 g
Energy	609.44 kcal
Fat	30.39 g
Fibre	30.39 g
Protein	33.93 g
of which: saturates	33.93 g
Sodium	750.6 mg
of which: sugars	750.6 mg

20 Minutes

2 portions