

A Sutherland Belle

Thai Red Curry Chicken Soup with Lemongrass & Cauliflower

INGREDIENTS

- 2 tablespoons olive oil
- 1-pound boneless, skinless chicken breasts
- 1 onion, diced
- 1 (4-ounces) jar of Thai red curry paste
- 3 cloves garlic, minced or grated
- 2-inch fresh ginger, grated
- 1 teaspoon coarse salt
- 1/2 teaspoon cracked black pepper
- 5 cups chicken broth
- 1 can (14 ounces) of full-fat coconut milk
- 1 stalk lemongrass
- 2 tablespoons soy sauce (or tamari if gluten-free)
- 2 tablespoons fish sauce
- 1/3 cup creamy peanut butter (you could also substitute with 3 tablespoons brown sugar + 1 tablespoon cornstarch to thicken)
- 1 large head of cauliflower, chipped
- 1 red bell pepper, chopped
- 4 squares of ramen noodles
- juice of 1 lime
- 2 tablespoons sriracha sauce
- 1/3 cup fresh cilantro or basil, roughly chopped, plus more for serving
- chopped peanuts and toasted sesame oil, for serving

INSTRUCTIONS

1. In a large Dutch oven, heat olive oil over medium-high heat. Add chicken seasoned with salt and pepper to the pan and brown for 3 minutes on each side. Remove from the pan. The chicken will continue to cook in the soup.

2. Add onion (more oil if necessary) and saute for 3-4 minutes or until soft. Spoon in red curry paste and mix until well combined. Add garlic, ginger, salt and pepper. Cook for 1 minute.
3. Pour the chicken broth, coconut milk, soy sauce, fish sauce, and peanut butter into the onion mixture. Add the chicken, lemon grass, and sriracha to the pan and cook for 15 minutes or until the chicken is cooked through. Remove chicken and shred.
4. Add cauliflower, red pepper, and shredded chicken. Set over medium heat on the stove and bring to a simmer, reduce the heat to medium-low and simmer 5-7 minutes or until the cauliflower is cooked but still firm.
5. Stir in the noodles (**see note below*), lime juice, and basil. Let sit for 5 minutes or until the noodles are soft.
6. Ladle the soup into bowls and top with basil, cilantro, serrano peppers, and chopped peanuts.

Note: If you think you will have leftovers, I recommend cooking the soup and noodles separately, then adding the noodles just before serving. If you let the noodles sit in the soup, they will soak up all the broth and become very mushy.