



WESTON NUTRITION & WELLNESS

Thai Coconut Soup

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 4 - 6

This fresh soup has a delightful contrast between the cream of the coconut, the spice of the red pepper, and the tartness of the lime. It can be a heartier soup if you add some rice vermicelli or bean noodle thread.

Ingredients

1 TBSP vegetable oil
1 TBSP grated peeled fresh ginger
2 garlic cloves, minced
¼ - ½ red pepper flakes
1 lb carrots (6-8 medium), peeled, halved lengthwise, thinly sliced
1 can (13.5oz) coconut milk
1 tablespoon cornstarch
4
1 ½ lbs shrimp, peeled, deveined, tails removed
¼ cup fresh lime juice*
Course salt
green onions, to taste

Directions

- 1. Saute the aromatics:** Heat the oil in a large (3 quart) saucepan over medium-low heat. Add the ginger, garlic, and the pepper flakes; cook, stirring, until fragrant, about 1 minute.
- 2. Add the vegetables and liquids to the pot:** Add the carrots, coconut milk, 3 cups of water.
- 3. Make the cornstarch slurry:** In a small bowl mix the cornstarch and 2 tablespoons cold water until smooth, add to the pot. Bring to a boil.
- 4. Cook shrimp:** Add shrimp and stir until opaque.
- 5. Add fresh lime juice & scallions:** Immediately prior to serving, add the lime juice and green onion.

Notes:

- 4oz cooked vermicelli rice noodles or bean threads can be added to soup just before serving. Do not add to hot soup to be served later, the noodles will become mushy. Keep separate if doubling recipe.
- *add just before consuming. If doubling batch add just before heating and serving leftovers.

Enjoy!

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