



# Chicken Coconut Curry Soup

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Recipe Source: [www.melskitchencafe.com](http://www.melskitchencafe.com)

Serves 6

## Ingredients:

1 Tbsp olive oil  
1 ½ lbs chicken breast, cut into 1-inch pieces  
Salt and pepper for seasoning  
½ cup chopped yellow onion  
1 red bell pepper, finely chopped  
2 cups low-sodium chicken broth  
1 (14 oz) can unsweetened light coconut milk  
½ Tbsp fish sauce  
Dash cayenne pepper, or more to taste  
½ Tbsp curry powder  
1 Tbsp fresh lime juice (about 1 medium lime)  
¼ cup chopped fresh cilantro, plus additional for serving  
3 cups hot, cooked brown rice for serving

## Steps:

- In a large pot, heat the oil over medium heat until it is hot and shimmering. Pat the chicken pieces dry with a paper towel and season them lightly with salt and pepper. Add to the hot oil and cook 1-2 minutes, stirring occasionally.
- Add the onions and red pepper. Cook 2-3 minutes until the onions and peppers are slightly softened. The chicken and vegetables don't need to be fully cooked as they will simmer and cook further in the next step.
- Add the chicken broth, coconut milk, fish sauce, cayenne, and curry powder. Stir to combine. Bring the soup to a simmer and cook, gently, for 10-15 minutes. Stir in the lime juice and cilantro. Season to taste with salt and pepper.
- Serve a ladle or two of the soup over ½ cup of rice in each bowl. Garnish with additional cilantro.

*Tips from the Test Kitchen: The author said that ¼ teaspoon of red pepper flakes was not too much heat for her family of small children. So if you like things a little spicier, use an additional ¼ teaspoon.*

**Nutritional Facts (per serving):** Calories: 359, Carbohydrates: 17 grams, Protein: 29 grams, Total Fat: 20 grams, Saturated Fat: 14 grams, Cholesterol: 83 mg, Sodium: 490 mg, Fiber: 2 grams, Total Sugars: 2 grams.