



INSTITUTE FOR PEAK HEALTH

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Chicken and Coconut Milk Curry Soup

Recipe by Alex Guarnaschelli

Ingredients:

- 4 cups low FODMAP chicken stock
- 2 13.5-oz cans of unsweetened coconut milk, preferably Native Forest
- 2 small jalapenos, seeded and thinly sliced
- 3 tbsp fish sauce, preferably Red Boat
- 1 tbsp honey
- 4 boneless, skinless chicken breasts (about 1 lb), cut into 1-inch pieces
- Juice of 1 lime
- 1 tbsp minced ginger
- 3 tbsp chopped cilantro, optional

Instructions:

1. IN a medium pot, bring the chicken stock to a boil over high heat and cook until it has reduced by one-fourth; about 3 cups of liquid should remain. This should take 5-8 minutes.
2. Add the coconut milk and 1 tbsp sea salt. Simmer for 3-5 minutes.
3. Stir in jalapenos, fish sauce, and honey. Simmer for a few minutes and then stir in chicken.
4. Simmer gently over medium-low heat, until the chicken is cooked through, about 15-20 minutes. Taste for seasoning.
5. Add limed juice and ginger.
6. Remove the pot from the heat and let sit for 8-10 minutes until ladling into individual bowls and serving. Garnish with cilantro for added flavor.