

Thai Green Curry Noodle Bowl

Thai Green Curry Noodle Soup – a simple easy dinner recipe loaded up with healthy veggies and your choice of chicken or tofu.

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Servings: 4
Storage: 2 days (soup with noodles), broth only - 7 days
Freezer: 30 days (broth only)
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Ingredients

- 1 TBSP olive oil
- 1 extra fat shallot, finely diced
- ¼–½ cup green curry paste_(or make your own below)
- 4 cups chicken or veggie broth
- optional additions (if using jarred curry paste) – 4-inch stock of lemongrass, smashed, 3 slices galangal, 4-6 kefir lime leaves
- 8 ounces tofu
- 8 ounces broccolini – cut in half lengthwise
- 1 x 13.5 ounce can coconut milk
- 2–3 teaspoons fish sauce
- juice from half a lime
- ¼–½ cup basil leaves (packed)
- 4-6 ounces rice noodles (cooked according to directions on package)
- Garnish with bean sprouts, lime wedges, scallions, and fresh basil

Homemade Green Curry Paste

- 6–8 green chilies– jalapeño or serrano or a mix, seeded
- 4 garlic cloves
- 2 shallots, sliced
- 3 x 4-inch pieces lemongrass, thinly sliced
- ¼ cup galangal root, thinly sliced, peels ok
- ¼ cup ginger, thinly sliced, peels ok
- 3 scallions
- ½ a bunch cilantro, including stems
- 3 kefir lime leaves or 1 tablespoon lime zest
- 1 tablespoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon salt

Instructions

To make the green curry paste, *slice everything thinly*, especially lemongrass, ginger, and galangal -and place in a food processor until very finely minced into a paste. Store up to a week in the fridge or freeze.

Heat oil in a medium pot, over medium heat and sauté the shallot until golden. Add the curry paste and sauté 1-2 minutes. Add the broth and bring it to a simmer and any optional additions.

***If using a jarred green curry paste, I like to add a 4 inch stock of lemongrass (smashed), 3 slices galangal, 3-4 kefir lime leaves.

Add the broccolini and simmer until the broccoli is just tender and bright green. Add the tofu, fish sauce and lime juice.

Place 1 cup of the coconut broth into a blender with the fresh basil and blend well until until bright green. Stir in the coconut milk. Simmer briefly (no longer than 2 minutes) and turn the heat off (to preserve the vibrant green color). Taste and adjust lime, salt and heat. Feel free to add more green chili paste to taste.

You want a slightly salty broth knowing it will mellow substantially when poured over the noodles.

Divide the noodles among 3-4 bowls. Pour the flavorful broth ovetop. Garnish with bean sprouts, lime wedges, scallions & chili flakes.

Notes

Galangal is closely related to ginger and turmeric, and all three roots can be used fresh or dried to add flavor to your dishes. Ginger offers a fresh, sweet-yet-spicy taste, while galangal's flavor is sharper, spicier, and slightly more peppery.

The best substitute for galangal is to use 1 TBSP fresh ginger root with 1/8 to 1/4 teaspoon fresh lemon juice.

Adapted *Sylvia Fontaine recipe*

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Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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