

Thai Chicken Soup

I am obsessed with Thai flavours at the moment and this soup ticks all the right Thai food boxes. I got dried lemongrass leaves from my mom so I have been adding it to all my food lately. This soup is a variation of my traditional chicken soup, so if you don't like Thai food, you can easily substitute the flavours with others flavours like more traditional herbs, basil, rosemary etc.



Ingredients:

- 6 chicken pieces (thighs/breasts)
- chicken stock (1 bullion cube and boiling water is fine, but I often use frozen stock from other meals)
- 2 bay leaves
- 6 garlic cloves
- thyme
- chilli flakes
- lemongrass
- 3 slices of fresh ginger (or 1 tsp. of ginger powder)
- mushrooms (I use a mixture of button mushrooms and shimeji)
- bok choy
- 2 eggs
- cilantro (optional)
- Thai spices (I use a premix called Thai 7 spices - sugar/starch filler free)
- salt & pepper

Directions:

1. Preheat your oven to 180C/350F
2. In a large pot, add the skinless chicken, lemongrass, bay leaves, thyme, garlic, ginger pieces (or 1 tsp. of powder), salt, pepper and chicken stock. Fill the pot to 2/3 of the way to the top with extra boiling water.
3. Place in the oven for 1.5 to 2 hours.
4. Once done, remove the chicken pieces from the soup and set aside to cool.
5. Place your soup pot on the stove top on medium heat. Remove all the "bits" (thyme sticks, ginger pieces etc.) - their purpose was for flavour. You don't want lemongrass leaves in your soup. If you feel that the soup needs longer with the lemongrass, keep it in until the end but don't forget to remove it.
6. Bring the soup to the boil. Slice the mushrooms and add them into the pot. Separate your bok choy leaves, slice the harder ends into small pieces and put everything into the pot. Add chilli flakes to taste.
7. Taste and add extra salt, pepper or spices as needed.
8. While the vegetables are cooking, debone and shred the cooled chicken into small pieces. Add into the soup.
9. Once the vegetables are cooked (it takes about 10 minutes), whisk the eggs in a small bowl. While the soup is boiling, pour the egg into the pot in a slow, steady stream while stirring quickly. Garnish with fresh cilantro and serve.

Recipe and images by www.alittlebitofketo.com