

Matt Sinclair's Thai coconut soup with prawns

- Dairy-free
- Egg-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- High in Protein

This easy prawn soup takes just 15 minutes to cook and is a delicious combination of coconut milk, ginger, lemongrass and chilli with a squeeze of lime juice.

- Serves:6
- Cooktime:15 mins
- Preptime:15 mins



Ingredients

- 2 x 400ml cans coconut cream
- 1L salt-reduced chicken stock
- 2 stems lemongrass, halved, bruised

- 2.5cm-piece ginger, peeled, cut into matchsticks
- 2 birdseye chillies, halved lengthways
- 1 bunch coriander, leaves picked, roots reserved and bruised
- 5 lime leaves
- 1kg raw prawns, peeled leaving tails intact, deveined
- 100g oyster mushrooms, torn, or button mushrooms, quartered
- 2 tbs fish sauce
- 1 tbs lime juice
- Pinch of sugar
- Pinch of salt
- Thinly sliced long red chilli, to serve (optional)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Bring the coconut cream and stock to the boil in a large saucepan over medium-high heat. Add lemongrass, ginger, birdseye chilli and reserved coriander roots. Tear 4 lime leaves and add to the pan. Reduce heat to low and simmer gently for 10 mins.

2. Step 2

Add prawns and mushroom to the pan. Simmer for 2-3 mins or until prawns change colour. Remove from heat.

3. Step 3

Stir in the fish sauce, lime juice, sugar and salt. Taste and add more fish sauce, lime juice, sugar and salt if needed.

4. Step 4

Finely shred remaining lime leaf. Remove lemongrass from soup and discard. Divide soup among serving bowls. Sprinkle with shredded lime leaf, coriander leaves and chilli, if using.