

Appetizer

Exotic Red Curry Soup „Cupid's Arrow“

Ingredients for 2 servings:

- 1 Small boneless chicken breast (about 120 g)
- 1 Red chilli pepper
- 1 Stalk of Lemongrass
- 2 Tsp. Vegetable oil
- 800 ml Vegetable broth (3 Tsp. Instant)
- 100 ml Tomato juice
- 1 Tsp. Red curry paste
- 1 Red bell pepper
- 100 g button mushrooms
- 200 g Bamboo sprouts
- Salt
- Pepper
- 1/4 Tsp. Ground ginger

Cut chicken breast into strips. Finely dice chilli pepper and cut lemongrass into large pieces. Heat oil in a pot and sauté chicken, chilli pepper, and lemon grass, stirring constantly, for 3 minutes. Deglaze with broth and tomato juice. Stir in curry paste and simmer about 10 minutes. Cut bell pepper into thin strips and quarter the mushrooms. Add vegetables and cook for about 5 more minutes. Remove lemongrass and season with salt, pepper, and ginger. Serve.

Prep time: About 15 minutes

Cooking time: About 20 minutes

Per serving:

Joule/Calories: 1113/266

Protein: 33,5 g

Fat: 12 g

Carbohydrates: 6 g