



## Khao Soi ( Thai Coconut Noodle Soup)

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PREP TIME: 15 MINS COOK TIME: 15 MINS

TOTAL TIME: 30 MINUTES YIELD: 3-4 1X

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### DESCRIPTION

A flavorful and very addicting Northern Style Thai Coconut Curry Noodle Soup, called Khao Soi. Easy and fast, and so yummy.

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### INGREDIENTS

4 ounces dry **rice noodles**

1 tablespoon coconut, peanut or **olive oil**

1 large shallot finely diced ( or sub half an onion)

2 tablespoons chopped **lemongrass**

2 garlic cloves, rough chopped

2 tablespoons Thai **Red Curry Paste** (store-bought, **I like this brand**), more for spicier

1/2 teaspoon turmeric – optional

pinch **cardamom**– optional

14-ounce can **coconut milk**

1 cup chicken broth (or use water and one chicken bouillon cube)

4–6 **kefir lime leaves** (optional, but *delicious!*)

1 thinly sliced red bell pepper (optional- sub other veggies)

2 tablespoons **fish sauce**– or **vegan fish sauce**

2 tablespoons **soy sauce** ( perhaps reduce if using **vegan fish sauce**, or use to taste)

2 tablespoons brown sugar, **palm sugar** or an alternative substitute

1 tablespoon chili garlic sauce (**Sambal** Olek)

8–12 ounces protein: raw, peeled prawns, or **crispy tofu**, or raw, thinly sliced chicken- or leftover **baked chicken** or rotisserie chicken)

1 lime

Garnish with fresh basil (**Thai basil** is best!), **pickled mustard greens** (traditional), cilantro, bean sprouts, lime wedge, **crispy noodles**, thinly sliced red onions or scallions.

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## INSTRUCTIONS

1. Start a pot of boiling water, to cook the rice noodles and make sure to follow your package directions, as rice noodles can differ. Drain and rinse with water to help prevent them from sticking together. A little oil to coat, will help here, or if you time it right, you can add it directly to the soup.
2. While water is boiling, prep the shallot, garlic, lemongrass, red bell pepper, then get all other ingredients ready by the stove.

3. In a medium pot, heat oil over medium heat. Add shallot and lemongrass. Saute until fragrant and golden, about 3 minutes. Add garlic, saute 1-2 minutes. Add red curry paste, turmeric, and a pinch of cardamom. Saute for 1-2 minutes.
4. Add the coconut milk, chicken broth and kefir lime leaves and bring to a simmer, stirring. Once gently simmering add the bell pepper, fish sauce, sugar, soy sauce and chili garlic paste.
5. Add the prawns (or chicken or **crispy tofu**) and gently simmer until cooked. Give a generous squeeze of lime. Taste, adding more lime/salt/ red curry paste if necessary.
6. Drain the noodles. If serving all of the soup immediately, toss the noodles right into the pot and then serve. **Alternatively**, divide noodles into the bowls and ladle the flavorful soup over top- a bit easier to handle.
7. Garnish with fresh basil, **pickled mustard greens**, crispy noodles, bean sprouts, thinly sliced red onion, lime wedge, or chopped scallions.

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## NOTES

To bump up the flavorful coconut broth even more, **add few slices of galangal!**

Feel free to make the soup broth the day before and keep in the fridge, keeping the noodles separate ( they will swell in the soup) and simply reheat.

To bump up the heat, add more red **chili paste** or chili sauce, or a few thinly sliced fresh chilies ( as a garnish)

## NUTRITION

**Serving Size:** 4 bowls **Calories:** 348 **Sugar:** 10.3 g **Sodium:** 1345 mg

**Fat:** 16.4 g **Saturated Fat:** 13.7 g **Carbohydrates:** 39.4 g **Fiber:** 1.9 g

**Protein:** 12.5 g   **Cholesterol:** 71.4 mg

*Find it online: <https://www.feastingathome.com/thai-coconut-noodle-soup-khao-soi/>*