

# SPICY THAI COCONUT FISH SOUP



Serves 4-5

## Ingredients

1 TBS olive oil  
1 garlic clove minced  
1 8oz pkg sliced shiitake mushrooms  
1 red bell pepper, sliced into thin strips  
1 C shredded carrots  
1 zucchini, quartered  
2-4 TBS Thai red curry paste (use 2 tbs for mild spice and up to 4 for more flavor and spice)  
1 TBS minced fresh ginger  
15 oz can light coconut milk  
3.5 cups broth of your choice - chicken or vegetable  
1 lb firm white fish, skin removed and diced into large chunks  
1 head cilantro, chopped  
3 scallions sliced thin  
Salt to taste  
1 lime cut into wedges for serving



## Directions

1. Warm olive oil in a soup pot over medium heat. Add garlic and simmer for 2-3 mins. Add peppers, shiitakes, zucchini and carrots. Cook veggies down another 5-6 minutes.
2. Stir in ginger, the red curry paste. Coat veggies with the paste and ginger, then pour in coconut milk and broth. Bring to a low simmer, stirring well to incorporate the coconut milk. Add the fish, pushing the fish down with a spoon to submerge. Cover and simmer for 8-10 minutes or until fish cooks through. Carefully break the fish apart with a wooden spoon as it cooks, into smaller bite size pieces.
3. Stir in cilantro and scallions. Serve with lime wedges.

## Notes:

I added egg noodles right at serving time - if you do this cook them separately and keep them separate until they're ready to be served.

This soup is best when it has rested 2-3 hours to let the flavors come together fully. Leftovers the next day are even better!