THAI · DINNER · LUNCH

Tom Kha Gai (Thai Coconut Chicken Soup)

35 min · Serves 4 · 387 kcal a serve · Video 13:45 · Pailin's Kitchen

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

A light but rich coconut soup with tender chicken thigh and mushrooms: about 26 g protein and 8 g net carbs a bowl, with only a teaspoon of sugar in the whole pot.

Diet notes: Keto (7.9 g net carbs a serve).

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Ingredients 13 · SERVES 4

- [ ] 2 cups **unsalted chicken stock** (preferably homemade)
- [ ] 1 tsp **kosher salt** (1/2 tsp table salt)
- [ ] 1 lb **chicken thighs** (boneless, skinless), cut into ¾–1¼ inch pieces
- [ ] 1 1/2 cups **coconut milk**
- [ ] 1 stalk **lemongrass**, bottom half, smashed and cut into chunks (for flavour, not eaten)
- [ ] 12 **thin slices galangal** (for flavour, not eaten)
- [ ] 5 **makrut lime leaves**, torn, stems removed (for flavour, not eaten)
- [ ] 3–4 **Thai chillies**, bruised (1 for a mild soup)
- [ ] 2 tbsp **fish sauce**, divided
- [ ] 1 tsp finely chopped **palm sugar** (or white sugar)
- [ ] 5.5 oz **fresh mushrooms**, torn into pieces
- [ ] 2 1/2 tbsp **lime juice**, divided
- [ ] chopped **coriander** (or spring onion), to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring the stock and salt to a boil, add the chicken and simmer gently for about 15 minutes, until fork-tender. 1:20
2. Meanwhile slice the galangal into thin rounds, smash the lemongrass and cut it into chunks, tear the lime leaves and bruise the chillies. 3:05
3. Add the coconut milk, all the aromatics, half the fish sauce and the palm sugar, then the mushrooms. Simmer 4–5 minutes to infuse. 4:52
4. Turn off the heat and stir in the lime juice. Taste, then add the rest of the fish sauce and a little more lime if needed. 8:49
5. Garnish with coriander. Remove some of the galangal, lemongrass and lime leaves, and let diners know the rest are for flavour only. 9:37

> **Tip** Serves about 4 (our estimate). Pailin uses oyster mushrooms (straw mushrooms are traditional) and often adds jasmine rice to her bowl; leave the rice out to keep it keto. Galangal is essential; ginger tastes different.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
387 kcal	**26 g**	**9 g**
1,620 kJ	52% of a day	7.9 g net · 3 g sugars
		3% of a day

FIBRE	FAT	SODIUM
1.1 g	**29 g**	**1,390 mg**
4% of a day	20 g saturated	61% of a day
	37% of a day	

Energy from net carbs 8% · protein 26% · fat 66% — fits keto: 7.9 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 52% · Zinc 29% · Vitamin B6 29% · Iron 25% · Vitamin B12 23% · Magnesium 20%

Source of (10–19%) Potassium 14%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=qQ_G0LVzaCI, published 14 February 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tom-kha-gai-pailin-coconut-chicken-soup