

# Thai Fish Soup

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/salmon-chinese-thai-recipe>

## Ingredients:

- 1 tablespoon cooking oil
- 1 clove garlic finely minced
- 1 teaspoon fresh ginger grated
- 1/4 red onion very sliced
- 1/2 red chili pepper sliced, optional
- 1 stalk lemongrass bottom stalk only, bruised, substitute with peel of lemon or lime
- 4 kaffir lime leaves torn, substitute with peel of lemon or lime
- 14 ounces coconut milk
- 1 cup vegetable broth
- 1/2 lime
- 1 tablespoon fish sauce
- 6 ounces shrimp peeled and deveined
- 8 ounces salmon cut into 1-inch chunks
- assorted vegetables
- spinach
- snow peas
- kale
- tomatoes
- bell pepper
- 1 tablespoon cilantro minced

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 95 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 22 grams

8. Sodium: 730 milligrams

9. Sugar: 6 grams

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