

Treasure Barrel

Best Curry Dumpling Soup Recipe - Warm & Comforting

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

For the Curry Broth

- [ ] 1 tbsp coconut oil or vegetable oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 2-3 tbsp yellow curry paste (or 2 tbsp yellow curry powder)
- [ ] 1 (13.5 oz) can full-fat coconut milk
- [ ] 4 cups vegetable or chicken broth
- [ ] 1 tbsp soy sauce or tamari
- [ ] 1 tsp brown sugar (optional, to balance flavor)
- [ ] 1 lime, juiced

For the Soup

- [ ] 16-20 frozen or fresh dumplings (chicken, vegetable, or your choice)
- [ ] 2 large handfuls of fresh spinach or chopped bok choy
- [ ] Fresh cilantro, chopped, for garnish
- [ ] Sliced green onions, for garnish
- [ ] Lime wedges, for serving

Instructions

1. Begin by creating your aromatic base. In a large pot or Dutch oven, warm the coconut oil over medium heat. Once it's shimmering just a little, add your minced garlic and grated ginger. Stir them gently for about a minute, just until they become incredibly fragrant. You don't want them to brown, just to soften and release their beautiful smells. This gentle step is what builds the first layer of deep flavor in your soup. It's such a lovely, promising scent.

2. Now, turn that fragrance into flavor. Add the yellow curry paste or powder to the pot with the garlic and ginger. Stir it constantly for another minute. This process, called blooming the spices, is so important because it toasts them slightly and really deepens their flavor. After a minute, whisk in the full-fat coconut milk and the broth. Keep whisking until the curry paste is fully dissolved and the broth is smooth and uniform in its gorgeous golden color.

3. Bring the broth to a gentle simmer over medium heat. You're looking for small, lazy bubbles, not a rolling boil. Once it's simmering, stir in the soy sauce and the optional brown sugar. Let it simmer gently for about 5-10 minutes to allow all those beautiful flavors to meld together. This is a good time to taste it. Does it need more salt? A little more curry? Trust your own palette here. Then, gently add the dumplings to the simmering broth.

4 Cook the dumplings according to the package directions, which is usually about 5-7 minutes. They'll float to the top when they're done. In the very last minute of cooking, add the fresh spinach or bok choy. It will seem like a lot, but it wilts down beautifully into the hot broth. Turn off the heat and stir in the fresh lime juice. This final touch is like a little burst of sunshine that brightens up all the rich, creamy flavors. Ladle your beautiful soup into bowls, garnish generously with fresh cilantro and green onions, and serve right away with extra lime wedges.

Nutrition per serving

410 kcal	15 g	32 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner broth, you can add another cup of vegetable or chicken broth. If you like it richer, you can use a little less. This recipe is very forgiving, so adjust it to your liking.
- If you have kids who are hesitant about curry, you can make the broth milder by using less paste and then add a little something fun to the meal, like a slice of chocolate chip banana bread for dessert to make the meal feel like a treat.
- For a little extra texture and flavor, try swirling a spoonful of chili oil into each bowl just before serving. It adds a beautiful look and a gentle, warming heat that complements the curry perfectly.