

Treasure Barrel

Creamy Thai Dumpling Soup

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

For the Broth

- [ ] 4 cups chicken or vegetable broth
- [ ] 1 can (400ml) full-fat coconut milk
- [ ] 2 stalks lemongrass, bruised and cut into 2-inch pieces
- [ ] 3 kaffir lime leaves, torn
- [ ] 1 tablespoon ginger, minced
- [ ] 2 cloves garlic, minced
- [ ] 1 tablespoon fish sauce
- [ ] 1 teaspoon honey
- [ ] 1 small Thai red chili, sliced (optional)
- [ ] Juice of 1 lime
- [ ] Fresh cilantro, chopped

For the Dumplings

- [ ] 200g ground chicken (or turkey)
- [ ] 2 tablespoons rice flour
- [ ] 1 egg white
- [ ] 1 teaspoon soy sauce
- [ ] 1 teaspoon grated carrot
- [ ] Pinch of white pepper

Instructions

1. In a pot, combine broth, coconut milk, lemongrass, lime leaves, ginger, and garlic. Bring to a gentle simmer, then let it whisper for 10 minutes.
2. While the broth simmers, mix ground chicken, rice flour, egg white, soy sauce, carrot, and pepper in a bowl; form tiny spoon-sized dumplings.
3. Gently drop the dumplings into the simmering broth. Cover and let them steam for 5-6 minutes until they float and look glossy.
4. Stir in fish sauce, honey, and lime juice. Add sliced chili if you like heat, then finish with fresh cilantro and a drizzle of chili oil.
5. Ladle the soup into bowls, ensuring each gets a good share of dumplings and broth. Serve hot, with extra lime wedges on the side.

Nutrition per serving

380 kcal	28 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth thickens too much, add a splash of water or extra broth.
- For a vegetarian version, omit the chicken and use finely chopped mushrooms in the dumpling mix.