

Tom Kah Gai Soup

- 2 cans organic coconut milk
- 2 cups organic tofu cut into bite size
- 6 Kaffir lime leaves (frozen)
- 5 pieces galangal (frozen)
- 2 organic tomatoes diced
- 1 medium size onion, chopped
- ½ cup shitake dried mushrooms soaked in water
- 1 can of sliced water chestnuts drained
- 1 can bamboo shoots drained and sliced
- 1 teaspoon chili flakes
- 2 tablespoons fish sauce
- 1 tablespoon lemon juice
- fresh basil or coriander as garnish when served.

Fry onions in 1 tbsp of olive oil until transparent. Combine the onions and the rest of the ingredients in a large pot and simmer for 1-2 hours to develop the flavours.

In Campbell River, lime leaves, fish sauce and galangal are all available at Amy's Foods. Dried shitake mushrooms are available at Thrifty's.

Chicken or prawns can be substituted or added to the tofu.