TAIWANESE · SIDE

Taiwanese Stir-Fried Clams with Basil (Chao Ge Li)

炒蛤蜊

20 min · Serves 3 · 173 kcal a serve · Video 6:14 in Chinese · 莊師傅的廚房

Pescatarian · No dairy listed · No nuts listed

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Clams stir-fried with ginger, garlic and basil: about 11 g protein and 7 g net carbs a serve, with about 3 g added sugar from the sugar and soy paste. Clams give many times a day's vitamin B12 and are rich in selenium.

Diet notes: Low carb (7.3 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.1 g, 6% of the energy); Gluten-free with a swap: Use a gluten-free soy paste or tamari thickened with a little cornflour, and rice vinegar instead of black vinegar.

Ingredients 13 · SERVES 3

- [ ] 600 g **live clams** in the shell, purged of sand and scrubbed
- [ ] 10 g **ginger**, smashed and minced
- [ ] 10 g **garlic**, smashed and minced
- [ ] 1 **red chilli**, sliced diagonally
- [ ] 1 **spring onion**, cut into short lengths
- [ ] 20 g **Thai basil** (jiu ceng ta)
- [ ] 1 tbsp **vegetable oil**
- [ ] 1 tbsp **sesame oil**
- [ ] 1 tsp **white pepper**, for the sauce
- [ ] 1 tsp **sugar**, for the sauce
- [ ] 2 tbsp **thick soy paste** (jiang you gao), for the sauce
- [ ] 2 tbsp **Taiwanese rice wine** (mijiu), for the sauce
- [ ] 1 tbsp (1 spoon) **black vinegar** (wu cu), for the sauce

Allergens found in the listed ingredients: Gluten, Molluscs, Sesame, Soy, Sulphites. 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. Smash and mince the ginger and garlic, slice the chilli diagonally and cut the spring onion into short lengths. The clams should already be purged of sand and scrubbed. 1:28
2. Mix the sauce: 1 tsp white pepper, 1 tsp sugar, 2 tbsp thick soy paste, 2 tbsp rice wine and a spoon of black vinegar. 3:05
3. Heat a wok (not a non-stick pan) until hot, add 1 tbsp oil and stir-fry the ginger, garlic, chilli and spring onion over high heat until fragrant. 3:58
4. Add the 600 g clams, toss, pour in the sauce and toss again. Cover and cook 1 minute on high heat so the clams steam open quickly and stay plump. 4:23
5. Uncover, toss, then add the basil and 1 tbsp sesame oil and stir-fry briefly until the basil wilts. Turn off the heat and serve. 4:56

> **Tip** Serves 2–3 as part of a shared meal. A Taiwanese stir-fry-shop classic, usually eaten with rice and other dishes. Soak clams in salted water for a few hours to purge sand before cooking, and discard any that stay closed after cooking.

The method is a summary in our words, in English — the video (in Chinese) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
173 kcal	11 g	8 g	0.7 g	10 g	810 mg
730 kJ	22% of a day	7.3 g net · 1.8 g sugars	3% of a day	1.1 g saturated	35% of a day
		3% of a day		13% of a day	

Energy from net carbs 18% · protein 27% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1652% · Selenium 49% · Vitamin K 37% · Omega-3 36% · Vitamin C 20%

Source of (10–19%) Zinc 11% · Vitamin A 10%

Recipe and video: 莊師傅的廚房 (@Master-Zhuang) on YouTube — youtube.com/watch?v=Is54s6sPbCk, published 24 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/chao-ge-li-taiwanese-stir-fried-clams-basil