VIETNAMESE · LUNCH · DINNER

Ga Xao Sa Ot (Vietnamese Lemongrass Chilli Chicken)

Gà xào sả ớt

35 min · Serves 4 · 392 kcal a serve · Video 4:21 in Vietnamese · Nâu ăn ngon Tv

No dairy listed · No nuts listed

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Chicken thigh stir-fried dry with plenty of lemongrass and chilli: about 31 g protein and 7 g net carbs a serve, with under 2 g added sugar.

Diet notes: Keto (7.1 g net carbs a serve); Gluten-free with a swap: Oyster sauce usually contains wheat; use a gluten-free oyster sauce to keep it gluten-free.

Ingredients 11 · SERVES 4

- [ ] 1½ lb **boneless chicken thigh**, skin on
- [ ] 1 tbsp **fish sauce**
- [ ] 1 tbsp **oyster sauce**
- [ ] ½ tbsp **sugar**
- [ ] a little **ground black pepper**
- [ ] **Canola or vegetable oil**: 2 tbsp cooking oil, divided
- [ ] 5 **lemongrass** stalks
- [ ] 3 **garlic** cloves, minced
- [ ] 3 **bird's eye chillies**, minced
- [ ] 2 **long chillies** (1 green, 1 red), finely shredded
- [ ] a pinch of **five-spice powder**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Molluscs, Fish. 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. Dip the boneless chicken in boiling water for about 20 seconds to firm the skin, drain, then slice it thinly into bite-size pieces. 0:40
2. Marinate the chicken with the fish sauce, oyster sauce, sugar, pepper and 1 tbsp oil for 10–15 minutes. 1:03
3. Bruise and finely mince the lower part of the lemongrass and slice the middle part thinly. Mince the garlic and bird's eye chillies, and shred the long chillies. 1:37
4. Heat 1 tbsp oil and add the chicken. Leave it until its juices come out and cook off, then stir until browned at the edges. Lift it out and spoon off most of the rendered fat. 2:15
5. Fry the minced lemongrass, garlic and chilli for 30 seconds, add a pinch of five-spice and the sliced lemongrass, return the chicken and stir-fry on high heat for 1 minute. Adjust the seasoning. 2:50
6. Toss in the shredded chillies for 15 seconds and turn off the heat; it should be dry and glossy, not saucy. 3:32

> **Tip** Serves 4 (our estimate from 1½ lb chicken). Bone-in chicken pieces work too. Eaten with hot rice in Vietnam; with stir-fried greens it stays lower in carbs.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
392 kcal	**31** g	**7.5** g	**0.4** g	**26** g	**590** mg
1,640 kJ	63% of a day	7.1 g net · 2.1 g sugars	1% of a day	5.9 g saturated	26% of a day
		3% of a day		34% of a day	

Energy from net carbs 7% · protein 32% · fat 61% — fits keto: 7.1 g net carbs, 61% of the energy from fat

High in (20%+ of a day) Selenium 54% · Omega-3 47% · Vitamin B6 29% · Zinc 27%

Source of (10–19%) Vitamin B12 18% · Iron 16% · Vitamin C 14% · Vitamin E 13% · Magnesium 11% · Potassium 10%

Recipe and video: Nâu ăn ngon Tv (@nauanngontv) on YouTube — youtube.com/watch?v=TGsuh2sb5J8, published 26 December 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/ga-xao-sa-ot