THAI · LUNCH · DINNER

Gaeng Om Gai (Isan Chicken and Dill Herb Curry, No Oil)

แกงอ่อมไก่

30 min · Serves 3 · 261 kcal a serve · Video 7:44 in Thai · Tomjoke

Gluten-free ingredients · No dairy listed · No nuts listed

Chicken and giblets simmered with cabbage, greens and herbs, cooked without oil or sugar: about 42 g protein and 10 g net carbs a serve.

Diet notes: Low saturated fat (1.1 g, 4% of the energy); Paleo with a swap: arrowroot or tapioca flour instead of the khao khua.

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Ingredients 18 · SERVES 3

- [ ] 250 g **chicken breast**, in bite-size pieces
- [ ] 250 g **chicken giblets** (liver and gizzards), sliced
- [ ] 8 **dried red chillies**
- [ ] 4 **garlic** cloves
- [ ] 5 **Thai shallots**
- [ ] 4 slices **galangal**
- [ ] 4 **lemongrass** stalks, cut in pieces
- [ ] 5 **kaffir lime leaves**, torn
- [ ] a splash of **water** (about 240 ml)
- [ ] 90 g **cabbage**, cut in pieces
- [ ] 70 g **choy sum**, cut in lengths
- [ ] ½ tsp **salt**
- [ ] 1 tbsp **fish sauce**
- [ ] 4 **spring onions**, cut in lengths
- [ ] 3 sprigs **dill** (phak chi lao), cut in lengths
- [ ] 15 g **hairy basil** (bai maenglak)
- [ ] 1 tbsp cooked **pla ra** (fermented fish sauce)
- [ ] 1 tbsp **khao khua** (toasted sticky rice powder)

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

Allergens found in the listed ingredients: 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. Cut the chicken and giblets into bite-size pieces. Pound the dried chillies, garlic and shallots to a curry paste, and cut the galangal, lemongrass, lime leaves, vegetables and herbs. 0:05
2. Dry-fry the curry paste in a wok over medium heat, with no oil, until it smells toasty. 2:08
3. Add the chicken and giblets and stir until they change colour and take on the paste. 2:38
4. Add the galangal, lemongrass and lime leaves, then a splash of water, and simmer until the giblets are cooked through. 3:20
5. Add the cabbage, then the choy sum, and cook until softened. Season with the salt. 4:25
6. Season with fish sauce, then add the spring onions, dill and hairy basil and a little pla ra, and let the herbs wilt. 5:20
7. Sprinkle in the toasted rice powder, stir to thicken the broth slightly, and turn off the heat. 6:31

> **Tip** Serves 3 (our estimate from 500 g chicken). The cook uses about half breast meat and half giblets; all breast or thigh works too. Bottled pla ra already contains MSG. Eaten with sticky rice in Isan.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
261 kcal	**42** g	**13** g	**2.7** g	**4.4** g	**1,440** mg
1,090 kJ	83% of a day	10 g net · 3.5 g sugars	10% of a day	1.1 g saturated	63% of a day
		5% of a day		6% of a day	

Energy from net carbs 16% · protein 68% · fat 16% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 81% · Vitamin K 80% · Vitamin B6 44% · Vitamin B12 39% · Vitamin C 37% · Zinc 36% · Iron 25%

Source of (10–19%) Folate 18% · Magnesium 16% · Potassium 14% · Vitamin A 13%

⚠ One serve has about 63% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Tomjoke (@tomjokeofficial) on YouTube — youtube.com/watch?v=iBEAq4-Uazc, published 3 May 2018. 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/gaeng-om-gai