THAI · DINNER

Gaeng Pa (Thai Jungle Curry with Chicken)

50 min · Serves 4 · 278 kcal a serve · Video 15:21 · Pailin's Kitchen

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

A light, coconut-free Thai curry broth packed with beans, baby corn, eggplant and herbs: about 20 g protein and under 300 kcal a serve before rice.

Diet notes: Low saturated fat (2.6 g, 8% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the neutral oil, leave out the raw jasmine rice.

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Ingredients 17 · SERVES 4

- [ ] 3–5 **green Thai chillies**
- [ ] 2 tbsp chopped **fingerroot** (grachai), fresh or jarred
- [ ] 2 tbsp thinly sliced **lemongrass**
- [ ] 4–5 tbsp **Thai red curry paste**
- [ ] 2 tbsp **neutral oil**
- [ ] 340 g **chicken thigh fillets** (boneless, skinless), cut into strips
- [ ] 590 ml **unsalted chicken stock**
- [ ] 1–2 tbsp **fish sauce** (start with 1 tbsp), to taste
- [ ] 2 tsp finely chopped **palm sugar**
- [ ] 120 g **long beans**, cut into 5 cm pieces
- [ ] 8 **baby corn**, cut into bite-sized pieces
- [ ] 4 **Thai eggplants**, cut into quarters or sixths
- [ ] **young green peppercorns**, 2 stems (optional)
- [ ] 4–5 **makrut lime leaves**
- [ ] **red bell pepper** (or 2 spur chillies), julienned
- [ ] 15 g **holy basil leaves** (or Thai or Italian basil)
- [ ] 1½ tbsp **raw jasmine rice**, dry-toasted and ground (optional)

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

Allergens found in the listed ingredients: Crustacea, 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. Make the quick paste: pound the green chillies fine, add the fingerroot and lemongrass and pound to a fine paste, then mix in the red curry paste. 1:42
2. Heat the oil in a heavy pot over medium heat and fry the paste about 2 minutes until very aromatic. Add the chicken and toss to coat. 3:58
3. Pour in the unsalted chicken stock and simmer gently about 15 minutes until the chicken is fork tender. Season with the palm sugar and fish sauce. 5:26
4. Add the long beans, baby corn, Thai eggplant, young peppercorns and lime leaves and simmer a few minutes until the eggplant is just tender. 9:06
5. Turn off the heat and stir in the bell pepper or spur chilli and the basil, then the ground toasted rice just before serving. Taste, adjust the fish sauce and serve with jasmine rice. 12:06

> **Tip** It is meant to be fiercely spicy; use fewer green chillies or remove their seeds for less heat. Chinese broccoli, zucchini or mushrooms can stand in for the traditional vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
278 kcal 1,160 kJ	20 g 39% of a day	17 g 14 g net · 6.6 g sugars 6% of a day

FIBRE	FAT	SODIUM
3.1 g 11% of a day	15 g 2.6 g saturated 19% of a day	1,170 mg 51% of a day

Energy from net carbs 21% · protein 30% · fat 49% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 44% · Vitamin K 40% · Selenium 31% · Vitamin C 27% · Vitamin B6 26%

Source of (10–19%) Zinc 19% · Vitamin B12 17% · Magnesium 14% · Vitamin E 14% · Iron 13% · Potassium 11% · Folate 11%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=qaeiUpMz028, published 23 April 2021. 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-pa-thai-jungle-curry-chicken