THAI · LUNCH · DINNER

Gaeng Som (Thai Sour Curry Soup with Prawns and Papaya)

40 min · Serves 4 · 191 kcal a serve · Video 10:00 · Pailin's Kitchen

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

A light broth cooked without oil and full of vegetables, with prawns and fish giving about 16 g of protein a serve. High in vitamin C from the papaya and cabbage and in vitamin A from the carrot and chillies.

Diet notes: Low saturated fat (0.2 g, 1% of the energy).

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Ingredients 18 · SERVES 4

- [ ] 10 g **dried chillies**, seeds removed (mild guajillo plus a few hotter arbol or Thai chillies)
- [ ] 1 tsp **salt**, for the curry paste
- [ ] 50 g chopped **shallots**
- [ ] 3 **garlic** cloves
- [ ] 3 tbsp chopped or shredded **fingerroot** (grachai)
- [ ] 1–1½ tsp **fermented shrimp paste** (gapi)
- [ ] a little **water**, to blend the paste
- [ ] 710 ml **unsalted pork stock** (or chicken or fish stock)
- [ ] **White fish**: 75 g cod or other mild white fish, poached and mashed
- [ ] 1–2 tbsp **fish sauce**, plus a touch more to taste
- [ ] 3–4 tbsp **tamarind juice** (concentrate)
- [ ] 2 tbsp chopped **palm sugar**
- [ ] 280 g thinly sliced **green papaya**
- [ ] 1 medium **carrot**, sliced
- [ ] 110 g **long beans**, cut into 5 cm pieces
- [ ] 230 g chopped **napa cabbage**
- [ ] 175 g **shrimp**, peeled and deveined
- [ ] 1–2 tbsp **lime juice**, to taste

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. For the paste, blend the seeded dried chillies, shallots, garlic, fingerroot, salt and shrimp paste with just enough water to make it smooth. 0:50
2. Bring the stock to a simmer and poach the fish until just cooked. Lift it out, mash it finely with a fork or mortar and pestle, and return it to the pot with the curry paste. Bring to a boil. 3:07
3. Season with the fish sauce, palm sugar and tamarind, stirring until the sugar dissolves. 4:36
4. Add the papaya and carrot and simmer for about 8 minutes, until nearly tender, then add the napa cabbage and long beans for 2 minutes more. 6:26
5. Add the shrimp and cook for about 30 seconds, until just pink. Take off the heat, then taste and balance with lime juice and a touch more fish sauce. Serve with jasmine rice. 7:08

> **Tip** Use fish stock to make it pescatarian. For a vegetarian version use vegetable stock, miso instead of shrimp paste, soy sauce for fish sauce and tofu for the seafood. Other vegetables work too.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
191 kcal 800 kJ	16 g 31% of a day	33 g 28 g net · 21 g sugars 12% of a day

FIBRE	FAT	SODIUM
5 g 18% of a day	1.3 g 0.2 g saturated 2% of a day	1,780 mg 77% of a day

Energy from net carbs 60% · protein 34% · fat 6%

High in (20%+ of a day) Vitamin C 74% · Selenium 45% · Vitamin K 35% · Vitamin B12 33% · Vitamin A 31% · Vitamin B6 27% · Folate 26% · Magnesium 22%

Source of (10–19%) Potassium 16% · Omega-3 13% · Iron 12% · Vitamin E 12% · Calcium 10% · Zinc 10%

⚠ One serve has about 77% 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=LU3dRxuFG1o, published 6 October 2017. 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-som-thai-sour-curry-soup