THAI · LUNCH · DINNER

Gai Pad King (Thai Ginger Chicken Stir-Fry)

30 min · Serves 3 · 301 kcal a serve · Video 8:30 · Pailin's Kitchen

No dairy listed · No nuts listed

A quick stir-fry with about 26 g of protein a serve and just 1 tsp of sugar in the sauce for the whole pan; plenty of ginger, mushrooms, onion and capsicum bulk it out. Rich in selenium, vitamin C and vitamin B6.

Diet notes: Low saturated fat (3.3 g, 9.8% of the energy); Gluten-free with a swap: Use tamari and a gluten-free oyster sauce, and check the tao jiew label, to keep it gluten-free.

Scan for the video, full nutrition and more free recipes

Ingredients 17 · SERVES 3

- [ ] 350 g **chicken thighs**, boneless and skinless (or breast), sliced
- [ ] 4 tsp **soy sauce**, divided (2 tsp for the chicken, 2 tsp for the sauce)
- [ ] 2 tbsp **chicken stock or water**
- [ ] 1 tbsp **oyster sauce**
- [ ] 1 tbsp **tao jiew** (Thai fermented soybean paste)
- [ ] **dark soy sauce**, a dash for colour (optional)
- [ ] 1 tsp **sugar**
- [ ] 1 tsp **toasted sesame oil**
- [ ] ¼ tsp **ground white pepper**
- [ ] 15 g **dried cloud ear mushrooms** (black fungus), soaked until soft
- [ ] 8 cm piece of **ginger**, peeled and finely julienned
- [ ] 4–5 **garlic** cloves, chopped
- [ ] **Thai chillies**, to taste (optional)
- [ ] ½ medium **onion**, cut into strips
- [ ] ½ small **red capsicum** (bell pepper), julienned
- [ ] 2 **green onions**, chopped
- [ ] **Canola or vegetable oil**: cooking oil, a little (about 1 tbsp)

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

Allergens found in the listed ingredients: Gluten, Molluscs, Sesame, Soy. 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. Soak the dried cloud ear mushrooms in hot water for at least 15 minutes until fully softened, then drain. 3:15
2. Toss the sliced chicken with 2 tsp soy sauce. In a small bowl mix the stock or water, oyster sauce, tao jiew, remaining 2 tsp soy sauce, dark soy (if using), sugar, sesame oil and white pepper. 0:55
3. Heat a little oil in a wok over medium heat and fry the garlic (and chillies) until the edges just turn golden. For a milder dish, add the ginger now and cook 1–2 minutes to soften it. 4:07
4. Turn the heat to high, add the chicken and toss until about a third cooked. 4:48
5. Add the sauce, ginger, mushrooms, onion and red capsicum and toss until the chicken is cooked through. 5:08
6. Turn off the heat, toss in the green onions and serve straight away. 6:03

> **Tip** The cook serves it with steamed jasmine rice. Serves 2–3; we count 3. Soften the ginger first if cooking for kids, or add more chillies for heat.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
301 kcal 1,260 kJ	26 g 53% of a day	13 g 10 g net · 4.7 g sugars 5% of a day

FIBRE	FAT	SODIUM
2.2 g 8% of a day	16 g 3.3 g saturated 21% of a day	910 mg 40% of a day

Energy from net carbs 14% · protein 36% · fat 50% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 46% · Vitamin C 37% · Omega-3 32% · Vitamin B6 31% · Zinc 26% · Vitamin K 26% · Vitamin B12 24%

Source of (10–19%) Potassium 12% · Iron 11% · Magnesium 11% · Vitamin E 10%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=ROecvs-bM5g, published 7 September 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/gai-pad-king-thai-ginger-chicken