THAI · LUNCH · DINNER

Kaeng Liang (Thai Peppery Vegetable Soup with Prawns)

แกงเลียงกุ้งสด

45 min · Serves 8 · 109 kcal a serve · Video 12:10 in Thai · กินได้อร่อยด้วย

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

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About 16 g protein and 9 g net carbs a bowl from prawns, dried shrimp and a big pot of vegetables and mushrooms, cooked with no oil and no added sugar.

Diet notes: Low saturated fat (0.3 g, 2% of the energy).

Ingredients 15 · SERVES 8

- [ ] 300 g **fresh prawns**, peeled and deveined
- [ ] 40 g **dried shrimp**
- [ ] 80 g **Thai red shallots**
- [ ] 40 g **krachai** (fingerroot)
- [ ] 1 tbsp **black peppercorns**
- [ ] 1½ tbsp **kapi** (Thai shrimp paste)
- [ ] 2 litres **water**
- [ ] 250 g **pumpkin**, cut into chunks
- [ ] 500 g **angled luffa** (buap liam), peeled and sliced
- [ ] **Mushrooms**: 300 g white and brown beech mushrooms (het lin)
- [ ] 200 g **wood ear mushrooms**
- [ ] 100 g **dok khajorn** (cowslip creeper flowers)
- [ ] 150 g tamlueng (ivy gourd) leaves
- [ ] 30 g **lemon basil leaves** (bai maenglak)
- [ ] 3 tbsp **fish sauce**, to taste

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. Wrap the shrimp paste in a piece of banana leaf or foil and toast it over low heat until it smells roasted. 1:10
2. Dry-toast the dried shrimp in a pan over low heat, stirring, until crisp and fragrant; leave any burnt crumbs behind. 1:53
3. In a mortar, pound the dried shrimp fine, then the peppercorns. Add the shallots and broken-up krachai and pound, then return the shrimp, add the shrimp paste and pound to a paste. 2:55
4. Bring the water to the boil, stir in the paste and rinse the mortar with a little of the hot water so none is wasted. 5:30
5. Add the pumpkin first and boil for 2–3 minutes until it starts to soften; leave the foam, it is mostly the paste. 6:14
6. Add the luffa, all the mushrooms and the cowslip creeper flowers. Return to the boil and skim off any remaining foam. 7:42
7. When it boils again, push in the ivy gourd leaves and lemon basil, then add the prawns and press them under without stirring. 9:24
8. Once it boils again, stir gently and season with fish sauce a little at a time, tasting as you go. Turn off the heat as soon as the prawns are just cooked. 10:12

> **Tip** Serves about 8 bowls (our estimate: the pot holds about 4 kg). Use any vegetables you like; the cook suggests baby corn or sweet corn. It is usually eaten with rice; it is filling enough to eat as a bowl on its own.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
109 kcal	16 g	12 g	3.7 g	0.9 g	1,000 mg
460 kJ	31% of a day	8.8 g net · 5.1 g sugars	13% of a day	0.3 g saturated	43% of a day
		5% of a day		1% of a day	

Energy from net carbs 33% · protein 59% · fat 8%

High in (20%+ of a day) Vitamin K 97% · Selenium 46% · Vitamin B12 34% · Vitamin A 33% · Vitamin C 29% · Vitamin B6 23% · Folate 22% · Magnesium 20%

Source of (10–19%) Potassium 17% · Zinc 14% · Calcium 13% · Iron 13% · Omega-3 12% · Vitamin E 10%

Recipe and video: กินได้อร่อยด้วย (@GinDaiAroiDuay) on YouTube — youtube.com/watch?v=oYSKUdurmCo, published 12 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/kaeng-liang-goong