THAI · LUNCH · DINNER

# Larb (Thai Minced Chicken or Pork Salad)

25 min · Serves 4 · 343 kcal a serve · Video 8:28 · Seonkyoung Longest

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

Pork mince, as in the video, gives about 24 g of protein a serve, with over half a day's selenium and over a quarter of a day's zinc, cooked in just a tablespoon of oil. Lime, fresh herbs and chilli bring the flavour instead of a creamy dressing.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 14 · SERVES 4

- [ ] 450 g **ground chicken or pork** (pork in the video)
- [ ] **Lime juice**: juice of ½–1 lime for the meat plus 2 juicy limes for the dressing
- [ ] a pinch (about ¼ tsp) **white pepper**
- [ ] 1 **shallot** (or ½ red onion), thinly sliced
- [ ] 1 **green onion**, chopped
- [ ] a handful of **coriander**
- [ ] half a handful of **mint leaves**
- [ ] **Canola or vegetable oil**: 1 tbsp cooking oil
- [ ] 1 heaping tbsp **palm sugar**
- [ ] 3 tbsp **fish sauce**
- [ ] 2–3 tsp **Thai chilli flakes**, to taste
- [ ] 1 tbsp **uncooked jasmine rice**, dry-toasted and ground
- [ ] ½ **cucumber**, sliced, to serve
- [ ] a few **green lettuce leaves** (about 100 g), to serve

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. Toast 1 tbsp raw jasmine rice in a dry pan over medium heat, stirring, for 10–15 minutes until golden brown, then grind it in a mortar or grinder until mostly fine with a little crunch. 4:32
2. Mix the mince with the juice of half to one lime (a whole one if it is not very juicy) and a pinch of white pepper. Thinly slice the shallot and chop the green onion, coriander and mint. 0:42
3. Heat the oil in a wok over high heat and stir-fry the mince for 7–9 minutes until cooked and the juices have evaporated. Turn off the heat and stir in the palm sugar so it melts. 2:27
4. In a bowl, mix the fish sauce with the juice of two limes, then add the warm meat, shallot and herbs, the chilli flakes and most of the rice powder. 3:17
5. Toss, taste and balance the salty, sour and sweet, then sprinkle with the rest of the rice powder. Serve with cucumber and lettuce leaves, plus rice if you like. 5:25

> **Tip** The video uses ground pork; the cook says chicken works as well and makes a leaner salad. Serve with warm jasmine rice for a main meal. Parsley or basil can replace the coriander.

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

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **343** kcal<br>1,440 kJ | **24** g<br>48% of a day | **14** g<br>12 g net · 6.6 g sugars<br>5% of a day | **2.1** g<br>7% of a day | **21** g<br>6.8 g saturated<br>28% of a day | **1,130** mg<br>49% of a day |

**Energy from** net carbs 14% · protein 29% · fat 57% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Selenium 57% · Vitamin K 46% · Vitamin B6 30% · Zinc 28% · Omega-3 25% · Vitamin B12 22%

**Source of** (10–19%) Vitamin A 19% · Folate 16% · Magnesium 15% · Potassium 13% · Iron 13% · Vitamin C 13%

**Recipe and video:** Seonkyoung Longest (@SeonkyoungLongest) on YouTube — youtube.com/watch?v=6s4C4kbdo2A, published 29 January 2016. 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/larb-gai-thai-chicken-salad