THAI · DINNER · LUNCH

Pad Kra Pow Gai (Thai Basil Chicken Mince)

20 min · Serves 4 · 556 kcal a serve · Video 5:07 · Home Cooking with Somjit

No dairy listed · No nuts listed

Chicken breast mince and a fried egg give about 31 g of protein a serve, and the big handful of basil, garlic and chilli bring the flavour with only a little sugar and sauce.

Diet notes: Low carb (56 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (4.3 g, 7% of the energy); Gluten-free with a swap: Use tamari in place of the light and thick soy sauce.

Scan for the video, full nutrition and more free recipes

Ingredients 12 · SERVES 4

- [ ] 13 oz minced **chicken breast** (with the skin)
- [ ] 2 oz Thai sweet basil (or holy basil) leaves, washed
- [ ] **Chilli**: 5 red and 8 green bird's eye chillies, stems removed
- [ ] 8 cloves **garlic**, crushed
- [ ] ½ tbsp **sugar**
- [ ] ½ tsp thick (dark) soy sauce
- [ ] **Soy sauce**: 1 tsp light soy sauce
- [ ] 1 tbsp **fish sauce**
- [ ] **Canola or vegetable oil**: 2 tbsp cooking oil
- [ ] about 4 cups cooked **rice**, to serve
- [ ] 4 **eggs**, fried sunny side up, to serve
- [ ] a little **oil** for frying the eggs, to serve

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

Allergens found in the listed ingredients: Gluten, Fish, Egg, 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. Crush the garlic cloves one at a time with the flat of a knife. Stem the chillies; halve the green ones and leave the red ones whole. 0:52
2. Heat the oil in a wok and stir-fry the garlic for a minute (it doesn't need to brown). Add half the chillies and fry another minute until fragrant. 1:14
3. Add the chicken and light soy sauce and stir-fry for a minute, breaking up the lumps. Add the thick soy sauce and keep cooking and breaking it up for another minute until no longer pink. 1:45
4. Add the rest of the chillies, the sugar and the fish sauce (pour it down the side of the hot pan for extra aroma) and stir well. Cover and simmer 2 minutes so the chicken is cooked through. 2:45
5. Stir in all the basil for about 30 seconds until it softens, then taste and adjust. Serve over rice with a fried egg on top. 3:21

> **Tip** The cook says this serves 4 with rice and an egg. Skip the egg or use brown rice to change it up, and adjust the chilli to taste: the red ones are the hottest.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
556 kcal	31 g	57 g
2,330 kJ	62% of a day	56 g net · 2.6 g sugars
		21% of a day

FIBRE	FAT	SODIUM
1.2 g	22 g	580 mg
4% of a day	4.3 g saturated	25% of a day
	28% of a day	

Energy from net carbs 41% · protein 23% · fat 36%

High in (20%+ of a day) Selenium 100% · Vitamin B12 69% · Omega-3 61% · Vitamin K 54% · Vitamin B6 40% · Zinc 37%

Source of (10–19%) Vitamin E 17% · Magnesium 16% · Iron 14% · Vitamin A 13% · Folate 11%

Recipe and video: Home Cooking with Somjit (@HomeCookingwithSomjit) on YouTube — youtube.com/watch?v=cS--I9V9ApY, published 31 May 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/pad-kra-pow-gai-thai-basil-chicken