THAI · LUNCH · SIDE

Som Tum (Thai Green Papaya Salad)

20 min · Serves 2 · 183 kcal a serve · Video 3:04 · CiCi Li, Asian Home Cooking

Pescatarian · Gluten-free ingredients · No dairy listed

Almost all raw vegetables and fruit with no added oil: papaya, lime and tomato make it a good source of vitamin C, and the peanuts and dried shrimp add a little protein and crunch.

Diet notes: Low saturated fat (0.7 g, 3% of the energy).

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Ingredients 11 · SERVES 2

- [ ] 200 g **green papaya**, julienned
- [ ] 2 cloves **garlic**
- [ ] 1 **green bird's eye chilli**
- [ ] ½ **red finger hot pepper** (optional)
- [ ] 2 tbsp **palm sugar** (or granulated sugar)
- [ ] 2 tbsp **fish sauce**
- [ ] 1 medium **lime**, cut into wedges and squeezed
- [ ] 1 tbsp small **dried shrimp**
- [ ] 2 tbsp **roasted peanuts**, divided
- [ ] 2 **long beans** (or green beans), cut into 5 cm pieces
- [ ] 75 g **grape tomatoes**, halved

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

Allergens found in the listed ingredients: Crustacea, Fish, Peanut. 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. Peel the green papaya and shred it into thin strips with a knife or a julienne peeler. Soak in cold water for about 5 minutes to crisp it, then drain well. 0:27
2. Pound the garlic and chillies in a mortar until broken into small pieces (or mince them finely) and put them in a large bowl. 1:04
3. Add the palm sugar, fish sauce and lime juice and stir until the sugar dissolves. Drop in a couple of the squeezed lime pieces for extra aroma. 1:27
4. Add the dried shrimp, half the peanuts and the beans and pound or press lightly so the beans crack a little. 1:47
5. Add the papaya and tomatoes, bruise lightly and toss so everything is coated. Scatter over the rest of the peanuts and serve straight away. 2:04

> **Tip** Green mango, apple or carrot can stand in for green papaya. Start with 1 tbsp palm sugar and add more to taste. Serve with sticky rice and grilled chicken for a meal.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
183 kcal	**7.1** g	**31** g	**3.7** g	**4.9** g	**1,440** mg
770 kJ	14% of a day	28 g net · 24 g sugars	13% of a day	0.7 g saturated	63% of a day
		11% of a day		6% of a day	

Energy from net carbs 61% · protein 15% · fat 24%

High in (20%+ of a day) Vitamin C 89% · Folate 21% · Magnesium 20%

Source of (10–19%) Vitamin B6 17% · Vitamin K 13% · Selenium 12% · Potassium 11% · Vitamin E 11% · Vitamin B12 11%

⚠ One serve has about 63% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: CiCi Li, Asian Home Cooking (@CiCiLi) on YouTube — youtube.com/watch?v=zTUI5lfaYyY, published 21 April 2023. 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/som-tum-thai-green-papaya-salad