THAI · SAUCE

Thai All-Purpose Yum Salad Dressing (Nam Yum)

10 min · Makes 6 × 1 tbsp · 17 kcal a portion · Video 15:18 · Pailin's Kitchen

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

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No oil at all, so a 1-tbsp portion has only about 16 kcal; lime, chilli and garlic do the work, with about 3 g of added sugar. It is salty from the fish sauce, so a little goes a long way.

Diet notes: Low saturated fat (0 g, 0% of the energy).

Ingredients 6 · MAKES 6 × 1 TBSP

- [ ] 3 **red Thai chillies** (seeds and pith removed for less heat)
- [ ] 1 clove **garlic** (optional)
- [ ] 5 coriander (cilantro) stems, chopped (optional)
- [ ] 1½ tbsp **palm sugar**, finely chopped and packed
- [ ] 2 tbsp **fish sauce**
- [ ] 3 tbsp **fresh lime juice**

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. Pound the Thai chillies, garlic and coriander stems to a paste in a mortar and pestle. For a milder dressing, scrape out the chilli seeds and pith rather than using fewer chillies. 0:45
2. Add the chopped palm sugar and keep pounding; the moisture from the chillies helps it dissolve into a paste with no lumps. 1:18
3. Stir in the fish sauce and lime juice until combined. Taste and adjust the sweet, sour and salty balance to your liking. 1:26
4. No mortar? Dissolve the sugar in the lime juice and fish sauce, then stir in grated garlic and finely minced chillies and stems. Toss with protein, sturdy crunchy vegetables and herbs rather than delicate leaves. 1:45

> **Tip** Light brown sugar can replace palm sugar. Keeps up to a week in the fridge, though the lime is brightest fresh. Toss with prawns, grilled meat, eggs or glass noodles, crunchy vegetables and herbs.

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

One portion (1 tbsp) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
17 kcal	0.4 g	4.1 g	0.1 g	0 g	470 mg
70 kJ	1% of a day	4 g net · 3.4 g sugars	0% of a day	0 g saturated	21% of a day
		1% of a day		0% of a day	

Energy from net carbs 91% · protein 9% · fat 0%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=jJT3xFjH0dw, published 11 October 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/thai-yum-salad-dressing