THAI · LUNCH · DINNER

Tom Yum Goong (Hot and Sour Prawn Soup)

30 min · Serves 4 · 119 kcal a serve · Video 11:02 · Pailin's Kitchen

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

A clear, chilli-sour broth: one bowl gives about 14 g of protein and nearly half a day's selenium for around 120 kcal, with very little fat. Lemongrass, galangal and lime leaves carry the flavour instead of coconut milk.

Diet notes: Low saturated fat (0.2 g, 2% of the energy).

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Ingredients 12 · SERVES 4

- [ ] 4 cups shrimp stock (made from the prawn heads and shells) or water
- [ ] 1–2 stalks **lemongrass**, smashed and cut into chunks (for infusing)
- [ ] 7–8 slices **galangal**, cut thin (for infusing)
- [ ] 5–6 **makrut lime leaves**, torn
- [ ] 2–5 **Thai chillies**, to taste, bruised
- [ ] about 3 cups **oyster mushrooms**, torn into bite-size pieces
- [ ] about 8 large **prawns**, deveined and butterflied (more if you like)
- [ ] 3 tbsp **fish sauce**
- [ ] ½ cup **lime juice** (2–3 limes)
- [ ] ¼ cup **Thai chilli paste** (nam prik pao, made with shrimp), optional
- [ ] 1–2 tsp **sugar**, to taste
- [ ] **coriander leaves**, to garnish

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. Bring 4 cups of shrimp stock (simmer the prawn heads and shells in water) or plain water to a boil. 0:49
2. Smash the lemongrass and cut it into chunks, slice the galangal, tear the lime leaves and bruise the chillies. Simmer them in the stock for a few minutes until fragrant; the herbs are for flavour only, so lift them out if guests won't know. 0:57
3. Add the mushrooms and return to a boil, then add the prawns and stir. After 15–30 seconds turn off the heat and let the residual heat finish cooking them. 7:30
4. Off the heat, stir in the fish sauce, lime juice, chilli paste (if using) and sugar until the paste dissolves; boiling the lime dulls its flavour. Taste: it should lead with sour, then salty, with an obvious chilli kick. 8:28
5. Ladle into bowls, garnish with coriander and serve with rice. 9:50

> **Tip** Without the chilli paste, add a cup of tomato wedges with the prawns. Unsalted chicken stock can replace the shrimp stock (then it is not pescatarian). Start with 2 tbsp fish sauce and add more to taste.

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
119 kcal	**14** g	**15** g	**2.1** g	**1.5** g	**2,070** mg
500 kJ	29% of a day	12 g net · 5.7 g sugars 5% of a day	7% of a day	0.2 g saturated 2% of a day	90% of a day

Energy from net carbs 41% · protein 48% · fat 11%

High in (20%+ of a day) Selenium 48% · Vitamin B12 35% · Vitamin B6 21%

Source of (10–19%) Magnesium 17% · Vitamin C 16% · Zinc 14% · Potassium 11%

⚠ One serve has about 90% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=hXaaZiMgvgI, published 5 June 2013. 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/tom-yum-goong