THAI · DINNER

Kua Gling (Southern Thai Dry Pork Curry)

40 min · Serves 4 · 325 kcal a serve · Video 10:33 · Pailin's Kitchen

Gluten-free ingredients · Dairy-free · Nut-free

A fiery dry curry of pork tossed in a fresh turmeric, galangal and lemongrass paste: about 23 g protein a serve and low in carbohydrate, with no coconut milk.

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Ingredients 18 · SERVES 4

- [ ] 8–10 g **dried chillies** (such as arbol), seeds removed
- [ ] 1 tsp **black peppercorns**
- [ ] ½ **lemongrass** stalk (bottom half), chopped, for the paste
- [ ] 3 tbsp chopped **galangal**
- [ ] 5 cm piece **fresh turmeric** (or 1½ tsp ground turmeric)
- [ ] 2 tsp chopped **kaffir lime zest** (optional)
- [ ] ½ tsp **salt**
- [ ] 55 g chopped **shallots**
- [ ] 5 cloves **garlic**
- [ ] 2 tsp **fermented shrimp paste** (gapi)
- [ ] 1 tbsp **vegetable oil** (just enough to coat the wok)
- [ ] 450 g **ground pork**
- [ ] **water** (or unsalted chicken stock), 60–80 ml, added as needed
- [ ] 1–2 tsp **fish sauce**, to taste
- [ ] 2 tsp **sugar**
- [ ] 6–7 **kaffir lime leaves**, very finely julienned
- [ ] ½ **lemongrass** stalk (bottom half), finely sliced, for the end
- [ ] **fresh red chillies**, cut into large pieces (optional)

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

Contains: Crustacea, Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grind the seeded dried chillies and black peppercorns to a fine powder. 1:03
2. Pound half the lemongrass with the galangal, turmeric, lime zest (if using) and salt to a rough paste. Add the chilli-pepper powder, then the shallots and garlic, and pound until no big chunks remain. Mix in the shrimp paste. 2:23
3. Heat the oil in a wok and fry all the paste over medium heat a few minutes until fragrant, adding a splash of water or unsalted stock if it sticks. 6:06
4. Add the pork, turn the heat to medium-high and toss to break it up. Add the sugar and fish sauce and keep tossing until the pork is cooked; blast the heat to dry off any pooled liquid. 6:43
5. Turn off the heat and toss in the lime leaves, the remaining lemongrass and the chillies. Serve with jasmine rice. 7:57

> **Tip** Serve with plenty of rice and cool, crunchy vegetables such as cucumber. Any ground meat works, or crumbled firm tofu with miso instead of shrimp paste. The paste freezes well.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
325 kcal 1,360 kJ	23 g 46% of a day	10 g 8.6 g net · 3.5 g sugars 4% of a day

FIBRE	FAT	SODIUM
1.4 g 5% of a day	21 g 6.8 g saturated 27% of a day	730 mg 32% of a day

Energy from net carbs 11% · protein 29% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 56% · Vitamin B6 32% · Zinc 27% · Omega-3 23% · Vitamin B12 20%

Source of (10–19%) Iron 12% · Potassium 11% · Magnesium 10%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=h6PXM-dlytI, published 15 September 2017. 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/kua-gling-southern-thai-dry-pork-curry