THAI · LUNCH · DINNER

Kai Jeow Moo Sap (Thai Pork Omelette)

10 min · Serves 1 · 430 kcal a serve · Video 6:14 · Pailin's Kitchen

Dairy-free · Nut-free

A two-egg omelette with pork for one: about 26 g protein and under 3 g net carbs, 72% of the energy from fat, and rich in selenium, vitamin B12 and zinc.

Diet notes: Keto (2.7 g net carbs a serve); Gluten-free with a swap: Oyster sauce usually contains wheat; use a gluten-free one.

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Ingredients 7 · SERVES 1

- [ ] 2 large **eggs**
- [ ] 1 tsp **fish sauce**
- [ ] 1 tsp **oyster sauce**
- [ ] a dash of **white pepper** (optional)
- [ ] 2½ oz **ground pork** (or ground chicken)
- [ ] 1–2 **green onions**, chopped
- [ ] **vegetable oil**, enough to coat the pan generously (about 1 tbsp)

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

Contains: Gluten, Molluscs, Fish, Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Beat the eggs with the fish sauce, oyster sauce and white pepper. Add the pork and beat until there are no big clumps left, then stir in the green onions. 0:53
2. Heat an 8 inch non-stick pan or wok over medium heat with enough oil to coat the bottom generously. It is hot enough when a drop of egg puffs and sizzles straight away. 2:08
3. Pour in the egg all at once and stir briefly to spread the first set egg, then leave it to cook. Tilt the pan so liquid egg runs underneath; lower the heat if the base browns before the top sets. 2:55
4. When the underside is deep golden and the top almost set, flip it and cook 15–20 seconds more. Serve hot. 4:02

> **Tip** The cook eats it over jasmine rice (sriracha is a classic extra); for keto, have it with cucumber or stir-fried greens. Freeze ground pork in a thin flat bag so a portion thaws in minutes.

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

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
430 kcal 1,800 kJ	**26** g 52% of a day	**3.2** g 2.7 g net · 1.7 g sugars 1% of a day	**0.5** g 2% of a day	**34** g 8.1 g saturated 44% of a day	**800** mg 35% of a day

Energy from net carbs 3% · protein 25% · fat 72% — fits keto: 2.7 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Selenium 88% · Omega-3 84% · Vitamin B12 59% · Vitamin K 34% · Zinc 25% · Vitamin E 24% · Vitamin B6 20%

Source of (10–19%) Vitamin A 18% · Folate 15% · Iron 12% · Vitamin D 12%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=xL86MWw7YQY, published 5 February 2016. 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/thai-pork-omelette-kai-jeow-moo-sap