

EASY THAI LEMONGRASS CHICKEN

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes
Serving Size: 2 people
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INGREDIENTS

2 tablespoons Oil
3 cloves Garlic
2 Thai Chilies, to taste
2 Lemongrass
18 ounces Chicken, thin slices
3 tablespoons Water
1 tablespoon Fish Sauce
2 tablespoons Oyster Sauce
1 teaspoon Dark Soy Sauce
½ tablespoon White Sugar
3 Kaffir Lime Leaves



DIRECTIONS

1. Pound the garlic, chilies, and lemongrass with a mortar and pestle.
2. Add oil to a large wok or skillet over medium heat. Sauté the spice mixture until fragrant, or approx 20 seconds.
3. Add chicken and stir-fry until cooked through.
4. Stir in dark soy sauce, oyster sauce, fish sauce, white sugar, water, and add kaffir lime leaves. Thoroughly mix and serve immediately.

GARNISH IDEAS

- Fresh chilies: Chopped fresh chili peppers add heat and a pop of color.
- Lime wedge: Place a lime wedge on the side for those who like a sour flavor.
- Fresh herbs: Sprinkle with fresh cilantro, chopped green onions, or freshly chopped lemongrass for a pop of color and extra flavor.

Pro Tips: Ingredients can be sourced at Asian grocery stores. Adjust the spiciness to taste. This recipe is very versatile; serve for lunch or dinner with steamed jasmine rice or brown rice and salad. For a low-carb meal, simply combine stir-fried lemongrass chicken with fresh vegetables like cucumbers, carrots, tomatoes, bell peppers, zucchini, Thai eggplants, broccoli, etc. Make it vegetarian by substituting the chicken with tofu and use vegan fish sauce and vegetarian oyster sauce.

AUTHENTIC THAI MANGO SALAD

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time :15 minutes

Serving Size: 2 people

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INGREDIENTS

7 ounces Green Mango, shredded or julienned

1.8 ounce Shallots, thinly sliced

0.7 ounces Peanuts, roasted

1 tablespoon Fish Sauce

1 tablespoon Palm Sugar, chopped to measure

2 teaspoons Dried Chili Flakes

1 ounce Crispy Fish

0.7 ounces Dried Mini Shrimp, optional

1 tablespoon Lime Juice

INSTRUCTIONS

1. Make the dressing. In a large mixing bowl, combine palm sugar, dried chili flakes, fresh lime juice, and fish sauce. Mix and stir until the palm sugar is fully dissolved.
2. Add the remaining ingredients (shredded green mango, fish snacks, roasted peanuts, shallots, and optionally dried shrimp) to the mixing bowl and gently mix until all ingredients are coated with the dressing.

You can easily adjust the spiciness of this dish by adding more or less dried chili flakes to taste. If you prefer, you can use fresh chilies. For a spicy kick, use Thai chilies. If you're not a spice-lover, use mild chilies or sliced bell peppers. Most of the spicy flavor is in the seeds, so remove those if you like.



OPTIONAL ADD INS

- You can toss in your favorite greens. Crunchy cucumber, fresh herbs such as mint, cilantro and coriander, spring onions, or cabbage would be delicious in this salad albeit non-authentic to Thai cuisine.
- Swap the fish sauce for vegan fish sauce to make it vegan.
- Adding grilled chicken, pork, beef, grilled shrimp, or tofu to make it rich in protein.

HOW TO STORE

To store for later, keep the dressing and the shredded mango in separate containers in your fridge. Mix them together when you're ready to serve.