



Jungle Curry with Pork and Thai Eggplant



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb apples (see cooks' note, below)
- ☐ 8 baby corns canned rinsed halved lengthwise drained
- ☐ 0.3 cup bottled ginger wild fresh frozen thawed rinsed peeled drained (lesser galangal or ginger; if)
- ☐ 1.5 cups chicken stock see
- ☐ 1 pepper flakes fresh red thinly sliced
- ☐ 8 servings garlic (gratiam dong)
- ☐ 3 oz long beans chinese cut into 1-inch pieces
- ☐ 20 inch kaffir lime leaves fresh (sometimes called bai makroot)

- ☐ 3 tablespoons fish sauce (Asian fish sauce; preferably Thai)
- ☐ 1.5 lb pork tenderloin halved lengthwise sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup curry paste red
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup basil loosely packed (holy basil leaves)

Equipment

- ☐ oven
- ☐ baking pan
- ☐ wok

Directions

- ☐ Trim eggplants and cut into 1-inch wedges (do this just before heating oil to avoid discoloration).
- ☐ Heat oil (see above) in wok over moderate heat until warm, about 30 seconds.
- ☐ Add curry paste (to taste) and cook, stirring constantly, until very fragrant and a shade darker, 2 to 3 minutes.
- ☐ Add pork and stir-fry over high heat until no longer pink on outside, 1 to 2 minutes.
- ☐ Add eggplant, grachai, beans, baby corn, and stock and simmer, stirring, until eggplant is crisp-tender, 3 to 5 minutes.
- ☐ Add fish sauce, lime leaves, chile, and salt and bring to a boil, then remove from heat. Stir in half of basil.
- ☐ Serve topped with remaining basil.
- ☐ Long slender Asian eggplant can be substituted for Thai apple eggplant. Thai apple eggplant is traditionally eaten raw or crisp-tender, but Asian eggplant needs to be precooked.
- ☐ Cut Asian eggplant into 1-inch cubes and toss with 1 tablespoon vegetable oil, then bake in 1 layer in a shallow baking pan in a preheated 400°F oven until crisp-tender, about 12 minutes. Proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:4.13, Inflammation Score:-8, Nutrition Score:17.775652253109%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 243.41kcal (12.17%), Fat: 8.24g (12.67%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 18.99g (6.91%), Sugar: 8.47g (9.41%), Cholesterol: 56.63mg (18.88%), Sodium: 714.79mg (31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.75%), Vitamin B1: 0.9mg (59.89%), Vitamin B6: 0.83mg (41.74%), Selenium: 28.09µg (40.13%), Vitamin B3: 6.99mg (34.97%), Vitamin A: 1537.15IU (30.74%), Phosphorus: 253.85mg (25.39%), Vitamin B2: 0.38mg (22.14%), Vitamin K: 20.94µg (19.94%), Vitamin C: 16.12mg (19.54%), Potassium: 595.37mg (17.01%), Magnesium: 55.67mg (13.92%), Zinc: 1.92mg (12.78%), Manganese: 0.21mg (10.44%), Fiber: 2.34g (9.36%), Vitamin B5: 0.92mg (9.19%), Copper: 0.18mg (9.01%), Iron: 1.6mg (8.91%), Vitamin B12: 0.47µg (7.91%), Folate: 21.48µg (5.37%), Vitamin E: 0.68mg (4.56%), Calcium: 41.96mg (4.2%), Vitamin D: 0.26µg (1.7%)