



Thai Green Papaya Salad (Som Tum) with Grilled Thai Shrimp

 Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons substitute brown sugar white
- ☐ 2 large carrots shredded peeled and to the same strip-size as papaya
- ☐ 0.5 cup thai chili and garlic sauce sweet recommended: Mae Ploy now available in most grocery stores
- ☐ 0.3 cup loosely cilantro leaves chopped
- ☐ 1 Handful cilantro leaves finely chopped
- ☐ 1 teaspoon curry powder
- ☐ 2 cloves garlic finely minced

- ☐ 2 medium papaya green see Cook's Note
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup hoisin sauce
- ☐ 0.3 juice of lime
- ☐ 4 tablespoons juice of lime freshly squeezed
- ☐ 0.3 cup loosely mint chopped
- ☐ 6 servings vermicelli rice noodles steamed
- ☐ 3 pounds shrimp
- ☐ 4 tablespoons thai shrimp dried
- ☐ 1.5 teaspoons soya sauce
- ☐ 1 teaspoon sriracha sauce
- ☐ 0.5 pound string beans green
- ☐ 4 substitute thai basil finely chopped
- ☐ 2 to 4 thai chiles also called prik chiles minced
- ☐ 4 tablespoons thai fish sauce
- ☐ 6 servings splash thai fish sauce
- ☐ 0.3 cup peanuts unsalted crushed toasted

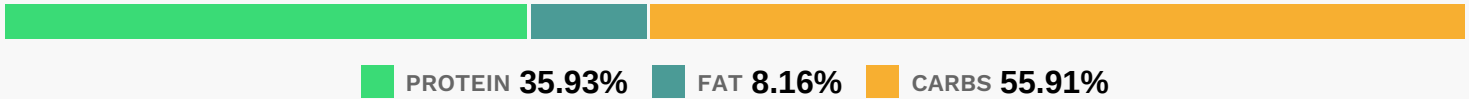
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ grill
- ☐ mandoline
- ☐ tongs
- ☐ peeler
- ☐ box grater

Directions

- ☐ Peel the papaya (I use a standard vegetable peeler), then slice papaya in half and scoop out black, slippery round seeds and some of the stringy flesh, but be careful not to scoop into good, firm flesh for the salad. Shred the papaya on a mandoline or a box grater. Set aside. Snip off the tips of the green beans. Bring a large pot of water to a boil over medium heat and add the beans. Cook until crisp tender, about 3 to 4 minutes.
- ☐ Drain and quickly add the beans to ice water.
- ☐ Cut the beans in half, about 2-inches in length and add them to a large bowl. In a large mixing bowl whisk the lime juice, fish sauce, and sugar, until the sugar is dissolved.
- ☐ Mix in the shredded papaya, green beans and carrots until well coated (I like to use tongs for this). Toss in the cilantro, mint, and dried shrimp. Then mix in the hot chiles, to taste.
- ☐ Let salad stand for 20 minutes or up to 2 hours, covered in the refrigerator.
- ☐ Before serving, mix in most of the crushed peanuts, reserving a few tablespoons for garnish. When serving, mound the salad in center of a plate and sprinkle the remaining peanuts on top. The dish can be served on its own, or with Thai Grilled Shrimp and Thai jasmine or sticky rice, or with steamed vermicelli-rice noodles.
- ☐ Preheat grill to medium heat. In a large bowl whisk all the marinade ingredients together.
- ☐ Add the shrimp and let marinate for up to 1 hour. Grill the shrimp 4 to 6 minutes each side until they begin to curl, get pink in color and firm up. Do not over cook or they will get rubbery.
- ☐ Brush the shrimp with the marinade during grilling.
- ☐ Put the remaining marinade in a small saucepan and bring to boil over high heat. Cook the marinade for at least 2 minutes and serve it as a sauce on the side.
- ☐ Serve the shrimp with the papaya salad. Cook's Note: This marinade/sauce is great with chicken thighs and pork tenderloin. If using chicken or pork then double the marinade recipe, marinate for 4 hours, and grill accordingly.

Nutrition Facts



Properties

Glycemic Index:65.6, Glycemic Load:33.55, Inflammation Score:-10, Nutrition Score:27.96652184362%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 598.12kcal (29.91%), Fat: 5.44g (8.37%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 83.85g (27.95%), Net Carbohydrates: 77.47g (28.17%), Sugar: 25.67g (28.52%), Cholesterol: 381.36mg (127.12%), Sodium: 2692.1mg (117.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.88g (107.76%), Vitamin A: 5440.21IU (108.8%), Vitamin C: 75.13mg (91.07%), Phosphorus: 661.98mg (66.2%), Copper: 1.13mg (56.33%), Manganese: 0.89mg (44.47%), Magnesium: 165.72mg (41.43%), Potassium: 1134.03mg (32.4%), Zinc: 4.13mg (27.56%), Vitamin K: 27.92µg (26.6%), Fiber: 6.38g (25.52%), Calcium: 234.77mg (23.48%), Folate: 76.73µg (19.18%), Iron: 3.08mg (17.09%), Selenium: 11.79µg (16.84%), Vitamin B6: 0.26mg (12.87%), Vitamin B3: 2.5mg (12.51%), Vitamin B2: 0.15mg (8.8%), Vitamin E: 1.09mg (7.26%), Vitamin B1: 0.11mg (7.25%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.06µg (1.04%)