



Low Carb Asian-Style Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

ASIAN PORK & CABBAGE SKILLET DINNER

1 pound ground pork *
1 small onion, slivered
1 clove garlic, minced
1/4 teaspoon xanthan gum, optional
1/4 cup soy sauce
1 tablespoon oyster sauce
Sweetener equal to 1 teaspoon sugar
Pinch crushed red pepper
16 ounce bag shredded cabbage with carrots
Salt and pepper, to taste

In a very large skillet or wok, brown the meat with the onion and garlic; drain any excess grease. Sprinkle the xanthan gum over the meat and mix in well. Add the remaining ingredients. Cover and simmer over medium-low heat until the cabbage is tender, about 10 minutes, stirring occasionally. Adjust the seasoning with salt and pepper, if needed.

Makes 4-6 servings

* Ground turkey, chicken or beef would work just as well as pork



BOK CHOY WITH MUSHROOMS

2 pounds bok choy
8 ounces fresh mushrooms, quartered
1 small onion, cut in thick slivers
3 cloves garlic, minced
1/4 cup chicken broth
1 tablespoons soy sauce
1 tablespoon oil
Salt, to taste

Chop off about an inch or two from the bottom of the head of bok choy. Wash and dry the leaves and stalks. Cut the stalks away from the leaves and keep separate from the leaves. Slice the stalks crosswise into bite-size pieces. Cut the leaves in half lengthwise then stack them on the cutting board. Slice the leaves into about 1/2-inch crosswise strips. You may need to do this in 2 or 3 batches. I rolled up the stack into a big "cigar" to make it easier to slice.

Heat the oil in a wok or very large skillet over medium-high heat. Add the bok choy stalks, the mushrooms, onion, garlic and broth. Stir-fry over high heat until most of the broth has evaporated and the bok choy is almost tender. Add the leaves and stir-fry another minute or so. Add a splash of soy sauce and adjust the seasoning with salt, if needed.

Makes about 4-6 servings



CHANDRAN'S CHICKEN CURRY

2 tablespoons oil
1 large onion, sliced thin
2 teaspoons garlic, minced
2 teaspoons fresh ginger, grated
1 medium tomato, diced
1/2 cup water
2 pounds boneless chicken thighs, cut in 1" cubes
1/2 cup coconut milk
2 tablespoons fresh cilantro, chopped

Spice Mixture:

4 teaspoons ground coriander
1 teaspoon cumin
1/8 teaspoon turmeric
1/8-1/4 teaspoon cayenne
1/8 teaspoon pepper
1/8 teaspoon cinnamon
1/8 teaspoon cloves
1 teaspoon salt
1/4 teaspoon xanthan gum



Combine the spice mixture in a small bowl; set aside. Have all of the remaining ingredients chopped, measured and ready to add when needed. Heat the oil in a wok. Cook the onion over medium heat until browned around the edges, about 7 minutes. Add the garlic and ginger; cook 1 minute. Add the spice mixture. Cook and stir 1 minute. Add the tomato and water. Cook over medium-low heat, stirring constantly, until the tomato has softened, about 2 minutes.

Add the chicken and simmer, uncovered, 15 minutes, stirring occasionally. Add the coconut milk and simmer 15 minutes or until the sauce thickens and the chicken is done. Stir in the cilantro.

Makes 4-6 servings

CHICKEN WITH PEANUT CURRY SAUCE

2 tablespoons oil
1 1/2 pounds boneless chicken thighs, cubed
Salt and pepper, to taste
8 ounces frozen cut green beans, thawed
8 ounces frozen bell pepper strips, thawed

Sauce:

13.5 ounce can coconut milk
1/2 cup chicken broth
1 tablespoon red Thai curry paste
1/3 cup natural peanut butter
Sweetener equal to 2 tablespoon sugar
1 tablespoon lime juice
Cilantro for garnish, optional

In a 4-cup measuring cup, whisk together all of the sauce ingredients except the cilantro; set aside.

Heat the oil in a large skillet or wok over medium-high heat. Sauté the chicken just until the outside is opaque. Add the green beans and peppers; cook another 3 minutes, stirring frequently.

Add the sauce to the skillet with the chicken and vegetables. Bring to a boil then turn down the heat and simmer 6-8 minutes until the chicken is completely cooked and the sauce thickens slightly. Sprinkle with cilantro to serve.

Makes 4-6 servings



CHUTATIP'S CHICKEN SATAY

2 pounds boneless chicken breast
1/2 cup coconut milk
1/4 cup cilantro, chopped
1 teaspoon curry powder
1 teaspoon turmeric
Sweetener equal to 4 teaspoons sugar
1 teaspoon soy sauce or fish sauce
1/4 cup oil
Bamboo skewers, about 12-14



Slice the chicken in thin strips. It's easier to slice the chicken if it's partially frozen. Mix the remaining ingredients; add the chicken and marinate at least 3 hours or overnight. Thread the meat on the skewers and grill just until done, basting with the marinade while grilling. Do not overcook the chicken. Serve with Peanut Sauce for dipping and Cucumber Salad (recipes follow).

Makes about 6 servings



CHUTATIP'S PEANUT SAUCE

3 tablespoons oil
2 tablespoons red Thai curry paste
1/2 teaspoon ground coriander
1/2 teaspoon cumin
3/4 cup skinless unsalted peanuts (3 ounces)
13.5 ounce can coconut milk
Sweetener equal to 2 tablespoons sugar
2 tablespoons lime juice, or to taste
1 teaspoon salt, or to taste



Grind the peanuts in a food processor until dry and crumbly and not quite to peanut butter consistency. Heat the oil in a large skillet; add the curry paste and fry on medium heat until fragrant, but do not let it burn. After about 30 seconds or so, whisk in the dry spices and fry briefly. Add all but the lime juice and salt and whisk until smooth. Bring to a boil and cook a few minutes until slightly thickened. Season to taste with the lime juice and salt. Serve warm as a dipping sauce with Chicken Satay.

Makes about 2 cups

CHUTATIP'S CUCUMBER SALAD

1 English cucumber, peeled and sliced thin
2 shallots, sliced thin
1 red chile, sliced
1 tablespoon cilantro, chopped
1 1/2 cups water
Sweetener equal to 1/4 cup sugar
1/3 cup white vinegar

Mix all of the ingredients and let stand 20 minutes.

Makes about 8 servings



CRUNCHY THAI SALAD II

8 ounces fresh bean sprouts
1 green or red pepper, julienned
1 small carrot, julienned
4 green onions, sliced
1 pound napa cabbage, shredded

Dressing:

1/3 cup oil
Sweetener equal to 3 tablespoons sugar
1/4 cup rice vinegar
1 tablespoon lime juice
1 tablespoon cilantro, chopped
1/2 teaspoon salt
1 tablespoon sesame oil
1 tablespoon soy sauce
1 small serrano chile, minced

Whisk all of the dressing ingredients in a small bowl. Mix all of the vegetables in a very large bowl; toss with the dressing and let it marinate for an hour or so in the refrigerator. You will need to mix the salad in a very large container, but once the dressing is added, it shrinks considerably so you can store it in a much smaller container. Be sure to toss the salad again just before serving to mix in any dressing that has settled to the bottom of the bowl.

Makes about 8 servings



FRIED "RICE"

1/2 head fresh cauliflower, grated
2 cloves garlic, minced
Cooking oil, 2 tablespoons to 1/4 cup
1/4 cup soy sauce
1 teaspoon sesame oil
1 egg, beaten
3 green onions, chopped
Dash pepper, optional

Heat the oil in a wok on medium to medium-high. Add the cauliflower and garlic; stir-fry until the cauliflower is nearly tender, but not mushy. Stir in the soy sauce and sesame oil. Push the cauliflower to one side of the pan; pour in the beaten egg. Lightly scramble the egg briefly then mix into the cauliflower. Add the green onion and the pepper, if using, and toss to combine with the cauliflower.

Makes 4-6 servings



HAMBURGER CABBAGE STIR-FRY

1 pound ground beef
2 cloves garlic, minced
16 ounce bag coleslaw mix
8 ounces fresh mushrooms, sliced
2 tablespoons soy sauce
1 tablespoon sesame oil
Pinch ginger, optional
Pinch cayenne, optional
Salt and pepper, to taste
Sweetener equal to 2 teaspoons sugar, optional
1 bunch green onions, cut on the bias

In a very large wok, brown the ground beef with the garlic and a little salt and pepper. Drain the fat. Add the slaw mix and mushrooms; stir-fry until the cabbage is tender-crisp. Add the remaining ingredients and heat through. Adjust the seasoning to your taste.

Makes 6 servings



KUNG PAO CHICKEN

1 pound boneless chicken thighs
1 tablespoon dry white wine
2 teaspoons soy sauce

3 cloves garlic, minced
2 teaspoons ginger, grated
3 tablespoons oil, divided

1/4 cup unsalted roasted peanuts
1 teaspoon red pepper flakes

3/4 cup chicken broth
2 teaspoons rice vinegar
2 teaspoons sesame oil
1 tablespoon oyster sauce
1 tablespoons hoisin sauce
1/8-1/4 teaspoon sambal oelek, optional

1 red bell pepper, chopped in 1/2" pieces
1/2 teaspoon xanthan gum
3 green onions, sliced thin

Cut the chicken into 1-inch cubes. Marinate with the wine and soy sauce about 10 minutes. Meanwhile, combine the garlic, ginger and 1 tablespoon oil in a small bowl; set aside. Combine the peanuts and chili flakes in a small bowl. In a measuring cup, mix the broth, vinegar, sesame oil, oyster sauce, hoisin sauce and sambal oelek, if using.

Heat 1 tablespoon oil in a wok over high heat. Add the chicken and cook without stirring 2 minutes to brown one side; stir and cook 1 1/2-2 minutes longer until the chicken is no longer pink. Add the peanuts and chili flakes. Cook until the peanuts begin to darken slightly, 30-40 seconds. Remove the chicken and peanuts from the skillet. (*continued on the next page...*)

Heat the remaining tablespoon oil in the wok. Cook the red bell pepper until slightly softened about 45 seconds. Push the peppers to the sides of the skillet; add the garlic and ginger mixture and cook 10-15 seconds until fragrant. Mix with the peppers. Return the chicken and peanuts to the wok. Lightly sprinkle with the xanthan gum then quickly mix in. Add the sauce mixture and cook until thickened. Stir in the green onions.

Makes 4 servings



QUICK ASIAN PORK STIR-FRY

1 pound ground pork
Cooking oil, if needed
1 small onion, slivered
1 clove garlic, minced
12-16 ounces frozen Asian-style vegetables *
1 teaspoon sesame oil
3 tablespoons soy sauce
2 tablespoons lime juice
Sweetener equal to 1 tablespoon sugar
1/2 teaspoon ground ginger
2 teaspoons ground coriander
1 teaspoon Sambal Oelek
1/4 teaspoon xanthan gum, optional

If you're using lean ground pork, heat 1-2 tablespoons oil in a wok. Brown the ground pork with the onions and garlic in the hot oil. Add the frozen vegetables and stir occasionally. While the vegetables are cooking, start adding in the remaining ingredients. Cook and stir a few minutes more until the vegetables are tender-crisp. Sprinkle the xanthan gum over the surface and quickly stir in; let stand a minute or two to allow the sauce to thicken.

Makes 4 servings

* These come in many varieties and usually contain some combination of broccoli, green beans, carrots, celery, onions or leeks, mushrooms, pea pods or sugar snap peas, red peppers, bamboo shoots and/or water chestnuts.



QUICK SPICY KIMCHEE

1 head napa cabbage (1 to 1 1/2 pounds)

1/4 cup salt

1/2 cup rice vinegar

Sweetener equal to 1 tablespoon sugar

2 tablespoons chili paste

1 tablespoon fresh ginger, grated

2 cloves garlic, chopped fine

2 green onions, sliced fine

Chop the stem end off the cabbage and then cut it into quarters lengthwise. Cut the quarters into 1/2-inch chunks. Place in a large colander and add the salt; mix well. Place over a bowl and let drain about 2 hours until wilted.

In a large bowl, mix the vinegar and sweetener. Add the remaining ingredients. Rinse the salt off the cabbage well. Drain then add to the vinegar mixture. Pack into a clean quart canning jar, packing down the cabbage tightly. Add enough water to cover the cabbage. Cover and refrigerate at least 4 hours and preferably overnight. This will get hotter as it ages.

Makes about 8 servings



SEOUL CHICKEN

6-8 chicken thighs, skin on

Marinade:

5 tablespoons soy sauce
Sweetener equal to 1/4 cup sugar
1/4 teaspoon pepper
1/4 cup green onion, chopped
1 tablespoon garlic, minced
1 tablespoon sesame oil
5 tablespoons water
Xanthan gum, optional



Place the chicken in a gallon size zipper bag. Mix the marinade ingredients except the xanthan gum in a small bowl. Pour the marinade into the bag with the chicken. Close the bag and knead gently to coat all of the chicken. Place in a shallow pan just in case the bag leaks. Marinate at least 1 hour in the refrigerator, turning the bag over occasionally.

Dump the entire contents of the bag into a 9x13" glass baking pan. Arrange the chicken skin side up. Bake at 425° for 35-40 minutes until the meat is done. Remove to a serving platter and keep warm.

Skim most of the fat off the juices remaining in the pan and pour into a small saucepan. Bring to a boil and lightly sprinkle the xanthan gum, if using, over the liquid while whisking briskly until the sauce thickens. Serve the sauce over chicken.

Makes 6-8 servings

SPICY ASIAN CABBAGE

2 tablespoons oil
1 medium onion, slivered
12 ounces coleslaw mix with carrots
1 tablespoon soy sauce
1 tablespoon oyster sauce
Dash pepper
Pinch crushed red pepper

Heat the oil over medium-high heat in a wok. Sauté the onion until it starts to soften. Add the cabbage and stir-fry until it wilts but still has a little crunch to it. Add the remaining ingredients and toss to mix well.

Makes about 4 servings



THAI BEEF SKILLET

1 pound ground beef
2 red bell peppers, sliced thin
2 tablespoons fresh ginger
3 cloves garlic, chopped
1 teaspoon red pepper flakes
3 tablespoons natural peanut butter
2 tablespoons lime juice
2 tablespoons soy sauce
1 tablespoon sesame oil
1/2 cup cilantro, chopped
8 romaine lettuce leaves

Brown the ground beef in a wok; drain the grease. Add the peppers, ginger, garlic and red pepper flakes. Cook over medium-high heat about 4 minutes or until the peppers have softened slightly.

Meanwhile, whisk together the peanut butter, lime juice, soy sauce, sesame oil and cilantro. Remove the skillet from the heat and add the peanut butter mixture to the skillet; mix well. Serve the meat mixture rolled up in the lettuce leaves or over chopped lettuce.

Makes 4 servings



THAI PORK LETTUCE WRAPS

1 pound ground pork or turkey
1 small onion, sliced thin
2 tablespoons fresh ginger, grated
1 clove garlic, minced
2 cups coleslaw mix with carrots

1 teaspoon sesame oil
3 tablespoons soy sauce
2 tablespoons lime juice
Sweetener equal to 1 tablespoon sugar
2 teaspoons ground coriander
1/2 teaspoon crushed red pepper

8 romaine lettuce leaves
Fresh cilantro, optional

Brown the pork and onions in a wok; drain the fat. Add the ginger, garlic and slaw mix; stir-fry 2 minutes or until the vegetables have wilted. Meanwhile, combine the next 6 ingredients in a small bowl then add to the skillet. Cook and stir constantly 1 minute. Add cilantro, if desired. Spoon the meat mixture into lettuce leaves and roll up to eat.

Makes 4 servings

