

# Thai Pork Salad with Kelp Noodles

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 14.5 g, Fiber: 5.2 g, **Net carbs: 9.3 g**,

Protein: 41 g, Fat: 55.2 g, Calories: 724 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

- 1 tbsp fat of choice (virgin [coconut oil](#), lard, tallow)
- 1 lb ground pork, 20% fat (450 g)
- large handful mixed minced herbs (Thai basil, mint, cilantro), (35 g/ 1.2 oz)
- 2-inch piece of fresh ginger, minced (10 g/ 0.4 oz)
- 3 cloves garlic, minced (15 g/ 0.5 oz)
- 2 small shallots, thinly sliced (30 g/ 1.1 oz)
- 4 green onions, thinly sliced (30 g/ 1.1 oz)
- 1 tbsp [fish sauce](#)
- 1 tbsp [coconut aminos](#)
- zest of 1 lime (about 1 tsp)
- juice of 1 lime (about 3 tbsp)
- 1 tsp red pepper flakes
- 1/2 tsp white pepper
- 1 bag [kelp noodles](#) (340 g/ 12 oz), rinsed according to the package directions
- lettuce cups, for serving (85 g/ 3 oz)

## Instructions

1. Heat the fat in a large skillet over high heat. Add in the pork and shallot, cook 6-8 minutes breaking the pork into small pieces with the back of a wooden spoon. Once the pork has browned mix together the minced garlic, minced ginger, 1/2 of the herbs, and green onions in a small bowl as well as the fish sauce, coconut aminos, lime juice and zest, red pepper flakes, and white pepper in another small bowl.
2. Add the herb mixture to the pan and cook 1 minute, add in the sauce and stir to combine. Turn off the heat and stir in the remaining herbs. Taste for salt and add a pinch if necessary.
3. Serve the pork salad with the lettuce cups, ...

4. ... kelp noodles, and additional lime wedges.

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