

# *Thai* SELECT

EASY COOKING  
RECIPES



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# Thai SELECT

**The Trusted Stamp of Authentic Thai Taste**

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Thai food has rapidly grown in popularity, winning the hearts of discerning diners around the world. Thanks to the abundance of natural resources and an invaluable culinary heritage, Thai cuisine today is celebrated as one of the world's most memorable dining experiences. Thailand's Department of International Trade Promotion, Ministry of Commerce, has therefore initiated the Thai SELECT logo to certify and promote authentic Thai cuisines, both Thai restaurants and ready-to-eat processed Thai food, around the world, as well as to encourage Thai restaurateurs and food producers to maintain their high standard.

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Department of International Trade Promotion has awarded Thai SELECT for two clusters: Thai Restaurants and Thai Food Products:

### Thai Restaurants

Given to overseas restaurants in three categories, assessed by type of **restaurant, decoration, and level of food and service excellence.**



#### Thai SELECT Signature

Granted to restaurants that serve authentic Thai food with a taste of premium quality, refined decoration and excellent service. The restaurants bearing this symbol will present outstanding Thai culinary image and the unique character of Thai food.



#### Thai SELECT Classic

Awarded to Thai restaurants of excellent quality. The Thai foods offered have standard taste with considerably good service.



#### Thai SELECT Casual

Given to Thai restaurants offering Thai foods with Thai taste but have limited services. They vary from simple setups that are small in size, offering convenience to diners such as fast food restaurants or food outlets at a food court, to restaurants with limited or no seating, including food trucks or food stalls.

### Thai Food Products

Given to Thai food products that have been prepared in the traditional and authentic Thai style.



#### Thai SELECT Products

Granted to Thai food products such as instant Thai curries, condiments, and Thai desserts that are easily recognizable as Thai food, possess world-class standard packaging and still maintain good quality when they reach consumers. The award also indicates product quality that meet international standard.

For further information about Thai SELECT restaurants and Thai SELECT products, please visit: [www.thaiselect.com](http://www.thaiselect.com).

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**LOOK FOR AUTHENTIC THAI TASTE,  
LOOK FOR THAI SELECT.**

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# SOM TUM

## PAPAYA SALAD

### INGREDIENTS

1 serving

- 2 garlic cloves
- 2 bird's eye chillies
- 1 tbsp dried shrimp
- ¼ cup string beans, cut into 1-inch pieces
- 1 tbsp roasted peanuts
- 2 tbsp palm sugar
- 1 tsp tamarind sauce
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 100g green papaya, shredded
- 2 cherry tomatoes, halved

### METHOD

1. Pound bird's eye chillies, garlic cloves, and dried shrimp in a mortar.
2. Gradually add roasted peanuts, then include string beans and crush together.
3. Add palm sugar, tamarind sauce, lime juice, and fish sauce, and crush them together.
4. Finally, mix in green papaya and tomatoes thoroughly, then serve on a plate.

### TIP

The amount of palm sugar and chillies used can be adjusted as desired.

### HEALTH BENEFITS

Vitamin A, B1, B2, C, E, K, folate, iron, manganese, potassium

25  
Mins

**Preparation:** 20 mins  
**Cooking:** 5 mins  
**Total:** 25 mins





# YUM NEUA YANG

## GRILLED BEEF SPICY SALAD

### INGREDIENTS

1 serving

- 200g beef, thinly sliced
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 5–10 bird's eye chillies, coarsely crushed
- 2 tsp sugar
- 2 cups lettuce
- ¼ cup Chinese celery, coarsely chopped
- 2 tbsp shallots, thinly sliced
- ¼ cup tomato, wedges
- ¼ cup cucumber, diagonally sliced

### METHOD

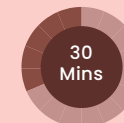
1. Fully grill the beef, then slice it into thin pieces
2. Mix lime juice, fish sauce, sugar, and bird's eye chillies in a bowl.
3. Combine beef with the seasoning. Add shallots, lettuce, cucumber, tomato, and Chinese celery. Mix everything together and serve on a plate.

### TIP

Grill steak until medium rare, about 3–5 minutes on each side depending on thickness of cut.

### HEALTH BENEFITS

Vitamin A, B1, B2, B6, C, K, calcium, folate, iron, potassium



**Preparation:** 20 mins  
**Cooking:** 10 mins  
**Total:** 30 mins





# GAENG KIEW WAN NEUA

## THAI GREEN BEEF CURRY

### INGREDIENTS

2 servings

- 1 cup coconut cream
- 3 tbsp green curry paste
- 150g beef, thinly sliced
- 1 tbsp palm sugar
- 2 tbsp fish sauce
- 1 ½ cups coconut milk
- 2 Thai eggplants, quartered
- ½ cup baby eggplants
- 1 red spur chilli, diagonally sliced
- 2 leaves kaffir lime leaves
- ¼ cup sweet basil leaves

*NB: In this recipe, the beef can be substituted by chicken/pork/shrimps/tofu.*

### METHOD

1. Simmer coconut cream, dissolve green curry paste.
2. Boil coconut cream, add beef, palm sugar, fish sauce, coconut milk.
3. Stir in Thai eggplants, baby eggplants, red spur chilli, kaffir lime leaves, and sweet basil. Combine well.
4. Serve in bowls.

### TIP

This dish is to be enjoyed with Thai Hom Mali rice or thin rice noodles.

### HEALTH BENEFITS

Vitamin A, B6, C, E, K,  
magnesium, manganese,  
phosphorus, potassium



**Preparation:** 10 mins  
**Cooking:** 25 mins  
**Total:** 35 mins





# GAENG MASSAMAN NEUA

## BEEF MASSAMAN CURRY

### INGREDIENTS

2 servings

- 3 tbsp Massaman curry paste
- 1 cup coconut cream
- 180g beef
- 1 ½ tbsp fish sauce
- 1 ½ tbsp palm sugar
- 1 ½ tbsp tamarind juice
- 1 cup coconut milk
- 80g potatoes, small pieces cut
- 2 inches cinnamon
- 2 bay leaves
- 3 pieces cardamom seeds
- 1 tbsp roasted peanuts

*NB: In this recipe, the beef can be substituted by chicken/lamb/pork.*

### METHOD

1. Boil Massaman curry paste in coconut cream.
2. Combine beef, fish sauce, palm sugar, and tamarind juice in the pot.
3. Add coconut milk and potatoes once the beef is cooked.
4. Season with cinnamon, bay leaves, cardamom seeds, and roasted peanuts. Stir well and serve in a bowl.

### TIP

Serve this complex curry with steamed Thai Hom Mali rice and pickled vegetables.

### HEALTH BENEFITS

Vitamin A, B6, C, E, K,  
calcium, copper, iron,  
magnesium, potassium

45  
Mins

Preparation: 15 mins

Cooking: 30 mins

Total: 45 mins





# PANANG NEUA

## THAI PANANG BEEF CURRY

### INGREDIENTS

2 servings

- 2 tbsp vegetable oil
- ¼ cup Panang curry paste
- 2 cups coconut milk
- 1 tbsp palm sugar
- 2 tsp tamarind concentrate
- 3 tbsp fish sauce
- 400g beef, thinly sliced
- ½ cup sweet basil leaves
- ¼ cup kaffir lime leaves
- 2 spur chillies, julienned

*NB: In this recipe, the beef can be substituted by chicken/lamb/pork.*

### METHOD

1. In a pan, stir-fry the Panang curry paste in oil until fragrant.
2. Pour in coconut milk and add all the seasonings.
3. Cook the beef thoroughly.
4. Finish by adding kaffir lime, sweet basil leaves, and spur chillies. Remove from heat and serve.

### TIP

When purchasing coconut milk, look for versions that have “100% coconut milk” as the only listed ingredient, rather than those made with coconut extract and water.

### HEALTH BENEFITS

Vitamin A, B6, B12, C, K,  
calcium, iron, magnesium

45  
Mins

**Preparation:** 15 mins

**Cooking:** 30 mins

**Total:** 45 mins





# TOM KHA GAI

## GALANGAL SOUR SOUP WITH CHICKEN

### INGREDIENTS

2 servings

- 1 cup coconut milk
- 1 stem lemongrass, diagonally sliced
- 50g galangal, small pieces cut
- 150g chicken, sliced
- ½ cup straw mushrooms
- 2 tbsp fish sauce
- 5 bird's eye chillies, crushed
- 2 kaffir lime leaves
- ½ cup coconut cream
- 2 tbsp lime juice
- 2 tbsp sawtooth coriander leaves, cut into 1-inch pieces

### METHOD

1. In a pot, combine coconut milk, lemongrass, and galangal.
2. Bring to a boil, then add chicken, straw mushrooms, fish sauce, crushed bird's eye chillies, kaffir lime leaves, coconut cream, and lime juice.
3. Stir until fully combined, then serve in a bowl, garnishing with sawtooth coriander leaves.

### TIP

Galangal is the key ingredient to this dish. The herb is an absolute must and cannot be substituted.

### HEALTH BENEFITS

Vitamin A, B1, B2, B6, C, E, K, copper, folate, iron, phosphorus

30  
Mins

**Preparation:** 10 mins

**Cooking:** 20 mins

**Total:** 30 mins





# TOM YUM GOONG

## SOUR AND SPICY SOUP WITH PRAWNS

### INGREDIENTS

4 servings

- 2 cups water
- 2 stems lemongrass, diagonally sliced
- 50g galangal, small pieces cut
- ½ cup straw mushrooms
- 150g prawns
- 2 tbsp fish sauce
- 8 bird's eye chillies, crushed or diagonally sliced
- 2 kaffir lime leaves
- 2 tbsp lime juice
- 2 tbsp sawtooth coriander leaves, cut into 1-inch pieces

### METHOD

1. Boil lemongrass and galangal in water.
2. Add straw mushrooms, prawns, fish sauce, bird's eye chillies, kaffir lime leaves, and lime juice to the pot.
3. Once everything is well combined, serve in a bowl and garnish with sawtooth coriander leaves.

### TIP

There are two versions of this dish, clear broth and creamy milky soup. To make a creamy version from this recipe, you can add ½ cup coconut milk or canned evaporated milk.

### HEALTH BENEFITS

Vitamin A, B1, B2, C, E, K, calcium, folate, iron, phosphorus, zinc



**Preparation:** 20 mins  
**Cooking:** 20 mins  
**Total:** 40 mins





# GAI PAD MET MA-MUANG HIMMAPHAN

## STIR-FRIED CHICKEN WITH CASHEW NUTS

### INGREDIENTS

1 serving

#### Preparing ingredients:

- 100g chicken, small pieces cut
- ¼ cup tapioca flour
- 1 cup vegetable oil
- ¼ cup cashew nuts
- ¼ cup dried large chillies

#### Cooking:

- ½ cup vegetable oil
- 2 tsp chilli paste
- 2 tsp sugar
- 1 tsp soy sauce
- 1 tsp oyster sauce
- ¼ cup green onions, cut into 1-inch pieces

### METHOD

1. Coat chicken with tapioca flour.
2. Deep fry cashew nuts, dried large chillies, and chicken.
3. In a pan, add vegetable oil, sugar, soy sauce, oyster sauce, and chilli paste. Stir until it thickens.
4. Add deep-fried chicken, cashew nuts, and dried large chillies. Stir well, garnish with green onions, and serve.

### TIP

This dish is typically served with steamed rice on the side and to be enjoyed while piping hot.

### HEALTH BENEFITS

Vitamin A, B, C, D, iron

35  
Mins

**Preparation:** 20 mins

**Cooking:** 15 mins

**Total:** 35 mins





# PAD KA PRAO GOONG

## SPICY STIR-FRIED SHRIMPS WITH HOLY BASIL LEAVES

### INGREDIENTS

1 serving

- 1 tbsp vegetable oil
- 1 tbsp garlic, minced
- 5-10 bird's eye chillies, crushed
- 120g shrimps, peeled and deveined
- 1 tsp soy sauce
- 1 tsp fish sauce
- 1 tsp oyster sauce
- 1 tsp sugar
- ¼ cup chicken stock
- 1 red spur chilli, diagonally sliced
- ¼ holy basil leaves

*NB: In this recipe, the shrimps can be substituted by beef/chicken/fish/lamb/pork/squid/tofu.*

### METHOD

1. Sauté garlic and bird's eye chillies in oil.
2. Add shrimps, then include soy sauce, fish sauce, and oyster sauce.
3. Toss in sugar, chicken stock, red spur chilli, and holy basil leaves.
4. Stir-fry until well combined and serve on a plate.

### TIP

Chilled/frozen holy basil leaves can be found in Asian supermarkets. It is a type of basil that has a very unique, distinctive taste that's unlike any other type of basil, or herb.

### HEALTH BENEFITS

Vitamin A, B6, C, E, K,  
calcium, iron, magnesium,  
phosphorous, zinc

25  
Mins

**Preparation:** 15 mins  
**Cooking:** 10 mins  
**Total:** 25 mins





# PU PAD PONG GAREE

## STIR-FRIED CRAB WITH CURRY POWDER

### INGREDIENTS

1 serving

- ½ cup water
- 1 tbsp curry powder
- 2 tsp soy sauce
- 1 tsp salt
- 1 tbsp chilli oil
- ⅔ cup coconut milk
- 2 tbsp oyster sauce
- 1 tsp seasoning sauce
- 2 large eggs
- ¼ cup spring onions, cut into 1-inch pieces
- 1 tsp garlic, finely chopped
- ⅔ cup bell peppers, small pieces cut
- ¼ cup Chinese celery, coarsely chopped
- 200g crab meat
- 1 tbsp vegetable oil
- ⅔ cup onions, small pieces cut

### METHOD

1. Combine coconut milk, water, curry powder, oyster sauce, seasoning sauce, soy sauce, salt, eggs, chilli oil and eggs.
2. Sauté garlic in oil until fragrant, then add onions, bell peppers, crab meat, and mixed sauce.
3. Add spring onions and Chinese celery.
4. Mix well and serve with rice.

### TIP

In Thailand, this dish is most commonly cooked with entire sections of shell-on crab.

### HEALTH BENEFITS

Vitamin A, B6, B12, C, D,  
calcium, iron, zinc

25  
Mins

**Preparation:** 10 mins

**Cooking:** 15 mins

**Total:** 25 mins





# GUAY-TEOW PAD KEE MOW GOONG

STIR-FRIED SPICY NOODLES WITH PRAWNS

### INGREDIENTS

2 servings

- 2 tbsp garlic, finely chopped
  - 10 bird's eye chillies, coarsely chopped
  - 3 tbsp vegetable oil
  - 1 tbsp sugar
  - 3 tbsp fish sauce
  - ¼ cup green peppercorns
  - 4 spur chillies, diagonally sliced
  - ¼ cup baby corns, diagonally sliced and blanched
  - ¼ cup carrots, julienned and blanched
  - 1 ½ cups holy basil leaves
  - 200g prawns, peeled and deveined
  - 300g wide fresh noodles
- NB: In this recipe, the prawns can be substituted by beef/chicken/fish/pork/squid.*

### METHOD

1. Begin by stir-frying chillies and garlic until they turn golden.
2. Add prawns and continue frying until they are cooked.
3. Incorporate the noodles along with the seasonings.
4. Lastly, add the vegetables to the mixture.

### TIP

The amount of chillies used can be adjusted as desired.

**HEALTH BENEFITS**  
Vitamin A, B6, B12, C, D,  
calcium, iron, phosphorus,  
zinc



**Preparation:** 10 mins  
**Cooking:** 15 mins  
**Total:** 25 mins





# KHAO PAD SUP PA ROD

## FRIED RICE WITH PINEAPPLE

### INGREDIENTS

1 serving

- 120g prawns, peeled and deveined
- 2 tbsp vegetable oil
- 1 tbsp garlic, finely chopped
- 1 large egg
- ⅓ cup pineapple, small pieces cut
- 200g steamed rice
- ¼ cup carrots, small dice
- ¼ cup onions, small dice
- 2 tsp seasoning sauce
- 1 tsp soy sauce
- 1 tsp ground white pepper
- ½ tsp curry powder
- 1 tsp sugar
- ¼ cup roasted cashew nuts
- 2 tbsp raisins

### Serving with:

- Lettuce (optional)
- Coriander (optional)
- Spur chillies, shredded (optional)

### METHOD

1. Sauté garlic in oil until fragrant, then add prawns. Stir-fry until nearly cooked, then add egg and gently mash.
2. Once the eggs are almost cooked, add pineapple, carrots, and onions. Stir-fry briefly, then add rice and gently mix.
3. Season with seasoning sauce, soy sauce, ground white pepper, curry powder and sugar. Stir thoroughly.
4. Add roasted cashew nuts and raisins, mixing well.
5. Plate the dish and garnish with lettuce, coriander, and shredded spur chillies.

### TIP

Use only Thai Hom Mali rice. When cooked, the rice becomes soft and has a pleasant aroma.

### HEALTH BENEFITS

Vitamin B1, B2, B3, B5, B6, C, calcium, iron magnesium, phosphorus, potassium

25  
Mins

**Preparation:** 10 mins  
**Cooking:** 15 mins  
**Total:** 25 mins





# KHAO SOI GAI

## NORTHERN STYLE CURRY NOODLE SOUP WITH CHICKEN

### INGREDIENTS

2 servings

#### Preparing egg noodles:

- 400g egg noodles
- 4 cups water
- 2 cups vegetable oil

#### Cooking Khao Soi soup:

- 2 tsp soy sauce
- 2 tsp salt
- 1 tbsp palm sugar
- 2 tsp curry powder

- 2 cups coconut milk
- 3 tbsp Khao Soi paste
- 4 chicken drumsticks

#### Serving with:

- ¼ cup coriander leaves (optional)
- ¼ cup spring onions, cut into 1-inch pieces (optional)
- 1 tsp chilli oil (optional)

*NB: In this recipe, the chicken can be substituted by beef/pork.*

### METHOD

1. Cook egg noodles in boiling water.
2. Mix cooked egg noodles with a teaspoon of vegetable oil.
3. Fry 50g of egg noodles in the remaining vegetable oil.
4. Combine coconut milk and curry paste. Add chicken and cook until done.
5. Season with soy sauce, salt, palm sugar, and curry powder, and stir-fry briefly.
6. Pour in the remaining coconut milk and simmer for 30 minutes.
7. Serve the chicken over Khao Soi noodles, garnished with fried Khao Soi noodles, coriander, spring onions, and chili oil.

### TIP

Squeeze a wedge of lime makes this dish even more tasty.

#### HEALTH BENEFITS

Vitamin C, B6, B12, calcium, iron, phosphorus



**Preparation:** 20 mins

**Cooking:** 40 mins

**Total:** 60 mins





# PAD THAI

## THAI STYLE FRIED NOODLES

### INGREDIENTS

2 servings

#### Making Pad Thai sauce:

- 2 tbsp fish sauce
- 2 tbsp palm sugar
- 2 tbsp tamarind juice

#### Preparing noodles:

- 120g narrow rice noodles

#### Cooking Pad Thai:

- 2 tbsp vegetable oil
- 1 tsp garlic, finely chopped
- 2 tsp shallots, thinly sliced
- 2 tbsp sweet pickled radish, chopped

- 15g dried shrimp
- ¼ cup yellow bean curd tofu, small pieces cut
- 2 eggs, lightly beaten
- 1 cup bean sprouts
- ¼ cup chives, cut into 1-inch pieces

#### Serving with:

- Lime wedges (optional)
- Ground roasted peanuts (optional)
- Fresh bean sprouts (optional)
- Chives, cut into 1-inch pieces (optional)
- Roasted chilli pepper (optional)

### METHOD

1. Make sauce by combining fish sauce, palm sugar, and tamarind juice.
2. Boil narrow rice noodles.
3. Sauté garlic, shallots, sweet pickled radish, dried shrimp, yellow bean curd tofu in oil.
4. Add cooked noodles and sauce, stir.
5. Crack and fold in two eggs.
6. Stir in bean sprouts and chives.
7. Serve with lime wedges, ground roasted peanuts, fresh bean sprouts, chives, and roasted chilli pepper.

### TIP

Stir-fry in a hot wok, so the noodles come out dry with a little smokiness, not wet.

#### HEALTH BENEFITS

Vitamin A, B6, C, K, calcium, iron, omega 3, phosphorous

25  
Mins

**Preparation:** 15 mins

**Cooking:** 10 mins

**Total:** 25 mins





# KHAO NIEW MA-MUANG

## SWEET STICKY RICE WITH MANGO

### INGREDIENTS

2 servings

#### Preparing glutinous rice:

- ½ cup glutinous rice
- 1 cup water (for soaking)
- ¾ cup water (for cooking)
- ¼ cup sugar
- 2 cups coconut cream
- ¼ tsp salt
- 1 pandan leaf

#### Preparing mango:

- 1 ripe mango, peeled and sliced

#### Making coconut cream topping:

- ½ cup coconut cream
- 1 tbsp sugar
- 1 tsp rice flour
- ¼ tsp salt

#### Serving with:

- 2 tbsp dry-fried peeled split mung beans (optional)
- 1 pandan leaf, small pieces cut (optional)

### METHOD

1. Soak glutinous rice in water for 1 hour until the water turns white.
2. Microwave soaked glutinous rice with water in a covered container on high heat for 30 minutes.
3. In a pot, combine coconut cream, salt, sugar, and pandan leaf.
4. In a separate bowl, mix coconut cream with the cooked glutinous rice and let it sit covered for 30 minutes.
5. Prepare coconut cream topping by mixing coconut cream, sugar, salt, and rice flour in a pot.
6. Serve by scooping the sticky rice onto a plate with sliced mango, topping it with coconut cream topping, and garnishing with dry-fried peeled split mung beans and pandan leaf.

### TIP

The best kinds of mangoes for this dish are the sweet, creamy varieties with golden skins rather than the larger, rounder kinds that get a reddish hue on the skin.

#### HEALTH BENEFITS

Vitamin A, B1, B2, C, E,  
folate, iron, phosphorus

120  
Mins

**Preparation:** 60 mins

**Cooking:** 60 mins

**Total:** 120 mins





# TUB TIM KROB

## WATER CHESTNUT WITH SYRUP AND COCONUT MILK

### INGREDIENTS

2 servings

#### Making syrup with jackfruit:

- 1 cup sugar
- 1 cup water
- ¼ cup jackfruit, shredded

#### Making coconut cream topping:

- ¾ cup coconut cream
- ¼ tsp salt

#### Preparing water chestnuts:

- 150g water chestnuts
- ½ cup red syrup or water with red food colouring
- 1 cup tapioca flour
- 1 cup tapioca flakes
- Crushed ice

### METHOD

1. Make syrup by boiling water with sugar and shredded jackfruit until it thickens.
2. In a separate pan, heat coconut cream with salt.
3. Coat water chestnuts in red syrup or water with red food colouring, let sit for 10-15 minutes.
4. Toss coated water chestnuts in tapioca flakes and tapioca flour.
5. Boil water chestnuts until clear, then add to the jackfruit syrup.
6. Serve with crushed ice and top with coconut cream topping.

### TIP

Fresh/canned water chestnuts can be used for this recipe.

#### HEALTH BENEFITS

Vitamin B6, C, calcium, iron, magnesium, phosphorous, zinc

40  
Mins

**Preparation:** 20 mins

**Cooking:** 20 mins

**Total:** 40 mins



## Contact



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