

Thai dipping sauce (Nam Pla Prik)

Takes 15 minutes, serves 4 and uses a knife, chopping board and bowl.

INGREDIENTS

3 garlic cloves, peeled and minced (See my video on how to crush garlic at youtube.com/le_petit_oeuf_blog)

6 thin red thai chillis, sliced

1 tablespoon palm sugar (you can omit this if you are avoiding sugar)

5 tablespoons fish sauce

6 tablespoons lime juice

DIRECTIONS

If you don't like it too hot, then remove the seeds from the chillis.

Put everything in a bowl and mix together. Serve.

