NORTH AFRICAN · DINNER

Moroccan Baked Fish with Chermoula

55 min · Serves 4 · 233 kcal a serve · Video 7:01 · cookingwithalia

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Whole fish baked in a herb and tomato sauce rather than fried, with only 2 tbsp of oil for four servings: a serve gives about 28 g of protein, is rich in selenium and vitamin B12, and has no added sugar.

Diet notes: Low carb (6.6 g net carbs) but not keto: 35% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.9 g, 3% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 11 · SERVES 4

- [ ] 1 whole **fish** (red mullet or sea bream), about 2¼ lb, cleaned and scaled (roughly 1 lb flesh)
- [ ] 4 medium **tomatoes**, grated (skins discarded), + 1 tomato sliced for the top
- [ ] 1 **lemon**, thinly sliced for the top
- [ ] 1 bunch **cilantro** (about 2 oz)
- [ ] 4–5 large **garlic** cloves, peeled
- [ ] 2 tsp **paprika**
- [ ] ¼ tsp **hot red chilli powder**, to taste
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **salt**
- [ ] 2 tbsp **vegetable oil**
- [ ] 2 tbsp **water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make a deep cut along each side of the cleaned fish and prick the flesh inside with the knife tip so the marinade can get in. Remove the eyes to avoid bitterness. 1:06
2. Blend the cilantro, garlic, paprika, cumin, chilli, salt, oil and water into a thick, smooth chermoula. 1:36
3. Lay the fish in a baking dish and cover it all over, inside and out, with half the chermoula. 2:33
4. Halve the tomatoes and grate the flesh on the coarse side of a grater, discarding the skins. Mix the grated tomato with the remaining chermoula and pour it around the fish. 3:19
5. Top the fish with alternating thin slices of tomato and lemon and spoon any last chermoula over them. 4:46
6. Bake at 360°F for 35–40 minutes until the flesh is cooked and soft; do not overbake. Serve straight from the dish. 6:00

> **Tip** Serves 4 is our estimate. Chermoula keeps a week in the fridge, so make a double batch. Fillets work too but need less time in the oven. Serve with bread or couscous.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
233 kcal	**29** g	**9.5** g	**2.9** g	**9.1** g	**660** mg
970 kJ	57% of a day	6.6 g net · 4.6 g sugars	10% of a day	0.9 g saturated	29% of a day
		3% of a day		12% of a day	

Energy from net carbs 12% · protein 51% · fat 37% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 146% · Selenium 91% · Omega-3 58% · Vitamin K 54% · Vitamin B6 41% · Vitamin C 35% · Potassium 22% · Vitamin E 21% · Vitamin A 20%

Source of (10–19%) Magnesium 15% · Folate 10%

Recipe and video: cookingwithalia (@cookingwithalia) on YouTube — youtube.com/watch?v=aukOn4gR-uE, published 18 January 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/alia-chermoula-baked-fish