MALAYSIAN · LUNCH · DINNER

Asam Pedas (Malay Spicy Tamarind Fish)

35 min · Serves 2 · 522 kcal a serve · Video 4:50 · Nomadette Eats

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

About 31 g of protein a serve, and rich in vitamin B12 and selenium from the mackerel, with tomato, okra and chilli adding vitamin C. The sour tamarind broth uses just 1 tsp of sugar for two.

Diet notes: Low saturated fat (4.3 g, 7% of the energy).

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Ingredients 15 · SERVES 2

- [ ] 300 g **mackerel** (ikan tenggiri), cut into steaks
- [ ] 3–4 **okra**
- [ ] 1–2 **tomatoes**, cut into wedges
- [ ] 60 ml **vegetable oil**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **sugar**
- [ ] 1 tsp tamarind (asam) paste, mixed with 100 ml water
- [ ] 470 ml **water**, plus 100 ml for the tamarind and 60 ml for blending
- [ ] 1–2 sprigs **curry leaves** (or daun kesum or kaffir lime leaves)
- [ ] 2 tbsp **dried chilli paste** (or 10 dried chillies, soaked)
- [ ] 1 **onion**
- [ ] 2 **garlic** cloves
- [ ] 2.5 cm **ginger**
- [ ] 1 tsp **turmeric powder**
- [ ] 1 tsp **belacan** (dried shrimp paste)

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

Allergens found in the listed ingredients: Crustacea, 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. Mix the tamarind paste with 100 ml water, squeeze and strain to make a sour juice. If using dried chillies, soak them in boiling water until soft. 0:20
2. Blend the chilli paste (or soaked chillies), onion, garlic, ginger, turmeric and belacan with 60 ml water to a smooth paste. 1:16
3. Heat the oil in a pot and fry the spice paste over low heat, stirring often, until it darkens and the oil separates. 2:10
4. Add the tamarind juice and 470 ml water and bring to the boil. Add the okra and tomatoes, season with the salt and sugar, add the curry leaves and return to the boil. 2:36
5. Slip in the fish, cover and simmer for 5–8 minutes until it is cooked through. Serve hot with rice. 3:41

> **Tip** Snapper, pomfret, stingray or salmon all work in place of mackerel. The paste can be made ahead and frozen in portions.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
522 kcal 2,180 kJ	31 g 63% of a day	20 g 16 g net · 9.8 g sugars 7% of a day

FIBRE	FAT	SODIUM
4.3 g 15% of a day	35 g 4.3 g saturated 45% of a day	1,550 mg 68% of a day

Energy from net carbs 13% · protein 25% · fat 62% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 351% · Omega-3 257% · Selenium 91% · Vitamin B6 52% · Vitamin E 37% · Vitamin C 35% · Vitamin K 32% · Potassium 26% · Magnesium 22%

Source of (10–19%) Iron 14% · Zinc 13% · Folate 12% · Vitamin A 11%

⚠ One serve has about 68% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Nomadette Eats (@NomadettEats) on YouTube — youtube.com/watch?v=KWJKljlHfB0, published 17 June 2021. 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/asam-pedas-spicy-tamarind-fish