INDIAN · LUNCH · DINNER

Bhetki Machher Jhol (Bengali Fish Curry with Vegetables)

45 min · Serves 5 · 260 kcal a serve · Video 6:48 · Bong Eats

Pescatarian · No dairy listed · No nuts listed

A light fish curry: about 260 kcal and 24 g of protein a serve, rich in vitamin B12 and selenium from the bhetki (barramundi), with cauliflower and potato simmered in a thin, spiced broth.

Diet notes: Low saturated fat (1.6 g, 6% of the energy); Gluten-free with a swap: Leave out the atta (or thicken with a little rice flour) to keep it gluten-free.

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Ingredients 23 · SERVES 5

- [ ] 500 g bhetki (barramundi) fish, cut into pieces
- [ ] 175 g **cauliflower**, in 5 cm florets
- [ ] 125 g **potato**, cut into wedges
- [ ] 25 g **tomato**, chopped
- [ ] 50 g **mustard oil**
- [ ] 10 **dal'er bori** (sun-dried lentil dumplings, about 15 g), fried (optional)
- [ ] 1 **bay leaf**
- [ ] 2 **cardamom pods**
- [ ] 1 piece **cinnamon** stick
- [ ] ½ tsp **cumin seeds**
- [ ] 16 g **ground cumin**
- [ ] 3 g **ground turmeric**, for the spice slurry
- [ ] ½ tsp **ground turmeric** for the fish and ¼ tsp for the cauliflower
- [ ] ¼ tsp **red chilli powder**
- [ ] 15 g **ginger paste**
- [ ] 15 g **salt**, for the spice slurry
- [ ] ½ tsp **salt** for the fish, ¼ tsp for the cauliflower and a pinch for the potatoes
- [ ] 6 g **sugar**
- [ ] 350 ml **hot water**
- [ ] 3 **green chillies**, slit
- [ ] ¼ tsp **gorom moshla** (Bengali garam masala)
- [ ] 15 g **coriander leaves**
- [ ] a sprinkle of **atta**, to thicken if needed (optional)

Allergens found in the listed ingredients: Gluten, Fish, Mustard. 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. Pat the fish dry, rub with ½ tsp each of salt and turmeric and leave about 20 minutes. Cut the cauliflower into large florets, the potato into 3 cm wedges, chop the tomato and slit the chillies. 0:18
2. Heat the mustard oil in a kadai until it smokes gently. Fry the bori, if using, about 20 seconds until golden and lift out. Fry the fish in one layer on medium-low for 2–3 minutes a side until brown and crisp; set aside. 2:05
3. In the same oil, fry the cauliflower covered on low until browned, adding ¼ tsp each of salt and turmeric halfway; set aside. 2:30
4. Add the bay leaf, cardamom, cinnamon and cumin seeds, then the potatoes with a pinch of salt; fry covered on low about 5 minutes until browned. Add the tomato and fry 2 minutes. 3:45
5. Mix the ground cumin, 3 g turmeric, chilli powder and 15 g salt with a little water, add to the pan and braise covered for 3–4 minutes, splashing in water if it dries. Add the ginger paste and fry 3–4 minutes more. 4:38
6. Return the cauliflower with the green chillies and braise briefly. Pour in the hot water and bring to the boil, then add the fried bori and cook a couple of minutes. 5:22
7. Slide in the fried fish and simmer about 5 minutes until the vegetables are soft and the jhol thickens slightly. Stir in the sugar (and a sprinkle of atta if it needs thickening), then finish with gorom moshla and coriander. 5:55

> **Tip** The cook says you can also add sheem (flat broad beans) with the potatoes. Any fresh scaled fish works: rohu, katla, tilapia or sea bass. The 15 g of salt is generous, so add less if you prefer. Serve with steamed rice.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
260 kcal 1,090 kJ	**24 g** 48% of a day	**14 g** 11 g net · 2.8 g sugars 5% of a day
FIBRE	**FAT**	**SODIUM**
3 g 11% of a day	**12 g** 1.6 g saturated 16% of a day	**1,620 mg** 70% of a day

Energy from net carbs 18% · protein 39% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 117% · Selenium 73% · Omega-3 54% · Vitamin B6 33% · Vitamin C 29% · Iron 22%

Source of (10–19%) Potassium 17% · Magnesium 15% · Vitamin K 14% · Folate 12%

⚠ One serve has about 70% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Bong Eats (@BongEats) on YouTube — youtube.com/watch?v=TsL4L8f18do, published 1 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/bhetki-machher-jhol-winter-vegetables