GLOBAL · LUNCH · DINNER

Fish Amok (Cambodian Steamed Fish Curry)

45 min · Serves 2 · 497 kcal a serve · Video 8:27 · Munchies

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

Cod steamed in a fresh lemongrass, galangal and turmeric paste with eggs and coconut milk, nothing fried: about 51 g protein and more than a day's selenium and vitamin B12 a serve.

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Ingredients 18 · SERVES 2

- [ ] 3 **lemongrass** stalks, tough layers removed, finely chopped (kroeung)
- [ ] 1 inch (1 in) piece **galangal**, peeled and minced (kroeung)
- [ ] 2 **fingerroot** (krachai), finely chopped (kroeung)
- [ ] 1 inch (1 in) piece **fresh turmeric**, peeled and minced (kroeung)
- [ ] 5 **garlic** cloves, minced (kroeung)
- [ ] 1 large **shallot**, minced (kroeung)
- [ ] 4–5 **makrut lime leaves**, stems removed, finely chopped (kroeung)
- [ ] 1 **dried California chilli**, soaked and minced to a paste
- [ ] ½ cup **coconut milk**
- [ ] 1 tbsp **fish sauce**
- [ ] 1 tbsp **granulated sugar**
- [ ] 1 heaped tsp **shrimp paste**
- [ ] a pinch of **salt**
- [ ] **White fish**: 1 lb cod or other firm white fish, cut into 1 inch pieces
- [ ] 2 large **eggs**, lightly beaten
- [ ] **Spinach**: 2 oz pea shoots or baby spinach
- [ ] **coconut cream** to drizzle (about 2 tbsp)
- [ ] thinly sliced **makrut lime leaves**, to garnish

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

Allergens found in the listed ingredients: Crustacea, Fish, Egg. 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 the kroeung: pound the lemongrass to a fine paste in a mortar, then pound in the galangal, fingerroot, turmeric, garlic and shallot one at a time, and finish with the lime leaves. Use 3 tbsp for this dish and freeze the rest. 0:27
2. Soak the dried chilli in warm water for about 15 minutes, drain, remove the stem and seeds and mince to a paste. 4:05
3. In a bowl mix the 3 tbsp kroeung, chilli paste, coconut milk, fish sauce, sugar and shrimp paste, breaking up the shrimp paste. Add the fish to marinate, fold in the eggs and a pinch of salt. 4:39
4. Line two banana-leaf cups or 1¼ cups ramekins with the pea shoots or spinach and spoon in the fish mixture, filling them about halfway. 5:38
5. Steam over gently simmering water, covered, for about 10 minutes until lightly set. Pour coconut cream over the top, cover and steam 10 minutes more until firm. Garnish with lime leaves. 7:04

> **Tip** Serve with rice. Salty as made: about 1,400–1,600 mg sodium a serve from the fish sauce and shrimp paste; 2 tsp fish sauce cuts it. Chicken or prawns work too. The written recipe uses ½ tsp shrimp paste and 1 tsp kosher salt.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
497 kcal	**51 g**	**17 g**
2,080 kJ	103% of a day	15 g net · 8.2 g sugars
		6% of a day

FIBRE	FAT	SODIUM
1.9 g	**25 g**	**1,370 mg**
7% of a day	18 g saturated	60% of a day
	32% of a day	

Energy from net carbs 12% · protein 42% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 161% · Vitamin K 121% · Vitamin B12 108% · Vitamin B6 50% · Magnesium 39% · Iron 33% · Folate 31% · Vitamin A 29% · Omega-3 27% · Zinc 24% · Potassium 23%

Source of (10–19%) Vitamin E 18% · Vitamin C 15% · Vitamin D 15%

⚠ One serve has about 60% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Munchies (@Munchies) on YouTube — youtube.com/watch?v=mlngdPqXi10, published 25 April 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/cambodian-fish-amok