VIETNAMESE · DINNER · LUNCH

Canh Chua Cá (Vietnamese Sweet and Sour Fish Soup)

45 min · Serves 6 · 188 kcal a serve · Video 7:39 · Helen's Recipes

No dairy listed · No nuts listed

A light, brothy soup of vegetables, pineapple and white fish at under 200 kcal a bowl: about 15 g of protein, a third of a day's vitamin C and some omega-3 per serve, with the sour tang from tamarind.

Diet notes: Low saturated fat (0.5 g, 2% of the energy); Gluten-free with a swap: Check the fish sauce and stock powder are gluten-free.

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Ingredients 19 · SERVES 6

- [ ] 4 **catfish steaks** (1.1 lb)
- [ ] **salt**, pepper and chilli powder, for seasoning
- [ ] a pinch of **chicken stock powder**
- [ ] 2 tbsp **vegetable oil**
- [ ] 2 tbsp minced **garlic**
- [ ] 1 small **tomato**, diced (optional)
- [ ] 6 cups **water**, plus 1 cup for the tamarind
- [ ] 2 tbsp (1¾ oz) **tamarind pulp**
- [ ] 4 tbsp **sugar**
- [ ] 4 tbsp **fish sauce**
- [ ] ¼ **pineapple**, cored and thinly sliced (1 cup)
- [ ] 1–2 medium **tomatoes**, cut into wedges (1 cup)
- [ ] 6 **okra** (lady's fingers), sliced on the diagonal (1 cup)
- [ ] 1 elephant ear (taro) stem, peeled and sliced on the diagonal (1 cup)
- [ ] 1 cup **beansprouts**
- [ ] 1 bunch **rice paddy herb** (ngò om), chopped (½ cup)
- [ ] 1–2 sprigs **sawtooth herb**, chopped (optional)
- [ ] 2 **spring onions**, chopped (optional)
- [ ] sliced **red chilli**, to serve

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

Allergens found in the listed ingredients: Gluten, 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. Season the fish lightly on both sides with salt, pepper, chilli powder and a pinch of chicken stock powder and leave 15 minutes. Slice the pineapple, cut the tomatoes into wedges, slice the peeled taro stem and okra on the diagonal, and chop the herbs. 0:58
2. Fry the garlic in the oil in a soup pot over medium-high heat until golden, then lift it out with the oil to use as a garnish. If you like, fry the diced tomato in a little of the oil for colour, then add the 6 cups of water. 2:55
3. Simmer the tamarind pulp in 1 cup of water for 2 minutes, breaking it up, then push it through a sieve into the soup pot and discard the fibres. Add the sugar and fish sauce and bring to the boil. 3:28
4. Add the fish and cook 5–7 minutes until done, then lift it out so it doesn't overcook. 4:33
5. Add the pineapple and tomato, then the taro stem and okra and cook 1–2 minutes. Add the bean sprouts and taste, adjusting the sweet–sour–salty balance. 4:59
6. Return the fish to warm through, stir in most of the herbs and bring back to the boil. Serve topped with the garlic oil, the rest of the herbs and sliced chilli. 5:25

> **Tip** Serves about 6 with rice (our estimate). Celery can stand in for taro stem, and snapper or barramundi for catfish. Start with 2 tbsp sugar and taste. For a pescatarian soup, use salt instead of chicken stock powder.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
188 kcal 790 kJ	**15 g** 30% of a day	**21 g** 19 g net · 16 g sugars 8% of a day
FIBRE	**FAT**	**SODIUM**
2.4 g 8% of a day	**5.3 g** 0.5 g saturated 7% of a day	**1,130 mg** 49% of a day

Energy from net carbs 41% · protein 33% · fat 26%

High in (20%+ of a day) Selenium 40% · Vitamin C 34% · Omega-3 34% · Vitamin B12 28% · Vitamin K 24% · Vitamin B6 22%

Source of (10–19%) Magnesium 18% · Vitamin E 11% · Folate 11% · Potassium 10%

Recipe and video: Helen's Recipes (@HelenRecipes) on YouTube — youtube.com/watch?v=vO81lQvYodI, published 25 July 2013. 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/canh-chua-ca-sour-fish-soup