THAI · DINNER

Choo Chee Mackerel (Fish in Thick Red Curry Sauce)

25 min · Serves 2 · 646 kcal a serve · Video 7:20 · Pailin's Kitchen

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

Oily mackerel in a thick red curry sauce: about 32 g protein a serve, rich in omega-3 fats, vitamin B12 and vitamin D, with under 10 g net carbs.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 9 · SERVES 2

- [ ] **coconut milk** (60 ml + 160 ml)
- [ ] 2–3 tbsp **Thai red curry paste**
- [ ] 1 tsp **palm sugar**, finely chopped
- [ ] 1–2 tsp **fish sauce**, to taste
- [ ] 3 **kaffir lime leaves**, centre rib removed, very finely julienned
- [ ] **vegetable oil**, enough to coat the pan (about 1 tbsp)
- [ ] 2 **mackerel fillets** (about 150 g each), skin on
- [ ] 1–2 tbsp extra **coconut milk**, to garnish (optional)
- [ ] **red bell pepper** (or spur chilli), finely julienned, to garnish (optional)

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. Boil 60 ml coconut milk in a wok or wide pan, add the curry paste and stir constantly until thick and the coconut oil starts to separate (if it doesn't, carry on anyway). 0:33
2. Add the rest of the coconut milk, the palm sugar and fish sauce and simmer a few minutes into a rich, thick but pourable sauce. Stir in half the lime leaves for a minute, taste (it should be strongly seasoned), cover and set aside. 1:44
3. Pat the fillets dry. Heat a thin coat of oil in a frying pan over medium-high heat and cook the mackerel skin side down about 2 minutes until golden, then flip for about 1 minute until just done. 3:54
4. Bring the sauce back to the boil (add a splash of water if it's too thick), lay in the fish skin side up and simmer 30–60 seconds, keeping the sauce off the skin. 4:30
5. Plate the fish, spoon the sauce around and a little over it, and garnish with the extra coconut milk, the remaining lime leaves and the red pepper. 5:00

> **Tip** Serve with jasmine rice. Mackerel has many fine bones, so eat carefully. Prawns, squid or another firm fish work the same way.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
646 kcal	32 g	8.9 g	0.8 g	55 g	900 mg
2,700 kJ	64% of a day	8.2 g net · 3.5 g sugars	3% of a day	29 g saturated	39% of a day
		3% of a day		70% of a day	

Energy from net carbs 5% · protein 20% · fat 75% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 951% · Omega-3 242% · Selenium 126% · Vitamin D 96% · Magnesium 42% · Vitamin B6 37% · Iron 36% · Vitamin E 23%

Source of (10–19%) Vitamin C 19% · Potassium 18% · Zinc 18% · Vitamin K 14% · Vitamin A 11%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=UW9GJbksCxc, published 14 August 2015. 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/choo-chee-mackerel-red-curry