ISRAELI · DINNER · LUNCH

Dag Mizrahi (Israeli Fish in Spicy Red Pepper Sauce)

דג מזרחי

50 min · Serves 6 · 310 kcal a serve · Video 14:20 in Hebrew · Heninthekitchen

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

About 33 g protein and 7 g net carbs a serve: lean white fish poached in a tomato, pepper and garlic sauce with no flour or starch, so it is filling.

Diet notes: Low carb (7.3 g net carbs) but not keto: 43% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.4 g, 4% of the energy); DASH-friendly (470 mg sodium a serve).

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Ingredients 18 · SERVES 6

- [ ] 6 **skinless white fish fillets**, about 900 g (sea bass, sea bream, grouper or grey mullet)
- [ ] 80 ml **oil**
- [ ] 2 level tbsp **Moroccan paprika** in oil (or sweet paprika)
- [ ] 1 tsp **ground turmeric**
- [ ] a pinch of **ground cumin**
- [ ] ½ tsp **ground caraway** (kimmel)
- [ ] 3 **tomatoes**, peeled and diced
- [ ] 1 tbsp **tomato paste**
- [ ] **Red capsicum**: 2 long red peppers (shushka) or red capsicums, cut into strips
- [ ] 1 **fresh hot chilli**, left whole
- [ ] 3 small and 2 large **dried chillies**, rinsed (for flavour, not eaten)
- [ ] 1 head **garlic** (about 8 cloves), peeled
- [ ] a little **ground white pepper**
- [ ] 1 tsp **sugar**
- [ ] **salt**, for the fish and the sauce
- [ ] 1 bunch **coriander** (half with its stalks, half chopped)
- [ ] about 470 ml **water**
- [ ] **Lemon juice**: juice of 1 lemon

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

Allergens found in the listed ingredients: 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. Warm the oil over low heat in a wide, shallow pan (about 30 cm). Add the turmeric, caraway, cumin and paprika and fry for only a few seconds so the spices bloom without burning. 4:13
2. Add the diced tomatoes and the tomato paste and keep frying for about a minute. 4:39
3. Pour in the water, then add the pepper strips, the rinsed dried chillies, the whole fresh chilli, the garlic cloves and half the coriander with its stalks. Bring to the boil, cover and simmer on the lowest heat for 10 minutes. 4:52
4. Meanwhile sprinkle the fish lightly with salt on both sides and pour the lemon juice over it. Leave it about 10 minutes, no longer, so the lemon does not start to cook it. 6:59
5. Once the sauce has simmered about 20 minutes, season it with white pepper and the sugar, then lay in the fillets and spoon sauce over them. Cover and cook 15–20 minutes, depending on the fish. 8:25
6. Chop the rest of the coriander and add it 5 minutes before the end. Spoon sauce over the fish, gently shake the pan so the sauce settles around the fillets, and taste for salt. 10:00
7. Serve hot with plenty of sauce, lifting out the dried chillies as you plate. 11:30

> **Tip** Eaten on Friday night with challah to mop up the sauce; a salad or cauliflower rice keeps it lower in carbs. Hen's version blends Moroccan-style fish with Libyan chraime; cooked chickpeas can go in with the peppers.

The method is a summary in our words, in English — the video (in Hebrew) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
310 kcal 1,300 kJ	**34** g 67% of a day	**11** g 7.3 g net · 5.3 g sugars 4% of a day	**3.3** g 12% of a day	**15** g 1.4 g saturated 19% of a day	**470** mg 20% of a day

Energy from net carbs 10% · protein 45% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 175% · Selenium 109% · Omega-3 93% · Vitamin C 92% · Vitamin B6 52% · Vitamin E 31% · Vitamin K 29% · Vitamin A 25% · Potassium 22%

Source of (10–19%) Magnesium 16% · Folate 12%

Recipe and video: Heninthekitchen (@heninthekitchen) on YouTube — youtube.com/watch?v=FQUAMvwlaRQ, published 5 July 2017. 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/dag-mizrahi-spicy-fish