CARIBBEAN · LUNCH · DINNER

Jamaican Steamed Fish with Okra and Pumpkin

45 min · Serves 2 · 581 kcal a serve · Video 15:27 · caribbeanpot

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

Each serve gives about 32 g lean protein from the snapper plus a big helping of pumpkin, okra, christophene and peppers, for about 17 g fibre and plenty of vitamins A and C, cooked in olive oil rather than butter.

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Ingredients 23 · SERVES 2

- [ ] 2 small **red snapper** (about 340 g each), scaled and cleaned
- [ ] 450 g **pumpkin**, cut into chunks
- [ ] 1 medium **christophene** (chayote or chocho), cored and cut into wedges
- [ ] 8–12 **okra**, ends trimmed
- [ ] 1 small **carrot**, sliced
- [ ] 1 **bell pepper** (½ yellow and ½ orange), sliced
- [ ] 1 medium **onion**, sliced
- [ ] 1 medium **tomato**, chopped
- [ ] 5 cloves **garlic**, chopped
- [ ] 4 **scallions** (spring onions), divided
- [ ] 8 sprigs **fresh thyme**, divided
- [ ] ½ **scotch bonnet pepper**
- [ ] 8 pimento (allspice) berries
- [ ] 2 **bay leaves**
- [ ] 2 tbsp **olive oil**
- [ ] 1 tbsp **tomato paste**
- [ ] 470 ml **fish stock**
- [ ] 2 tbsp **coconut cream** (the cook lists 2–4 tbsp)
- [ ] **Lemon juice**: juice of 1 lemon, divided
- [ ] ½ **lime**, to wash the snapper
- [ ] ¾ tsp **sea salt**, divided
- [ ] 1 tsp **black pepper**, divided
- [ ] 2–3 tbsp chopped **parsley**

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. Wash the cleaned snapper with a little lime juice, pat dry and cut two slashes on each side. Season lightly inside and out with salt and pepper, then stuff the cavity with thyme sprigs and squeezed scallions. 3:13
2. Heat the olive oil in a wide pan, turn the heat to low and sweat the onion, garlic, more thyme and the bell peppers. Add black pepper, a few slices of scotch bonnet, the allspice berries, crushed bay leaves and a pinch of salt; cook 2 minutes. 5:36
3. Add the pumpkin, carrot and christophene and cook a minute. Push the vegetables aside, fry the tomato paste in the middle, then pour in the fish stock with the rest of the scallion and thyme and bring to the boil. 7:34
4. Melt in the coconut cream and simmer about 7–10 minutes until the vegetables are just tender. 9:17
5. Lay the fish in the pan, tuck the okra around it and add the tomato and half the lemon juice. Cover and cook on low for 10–12 minutes, spooning the gravy over the fish halfway, until it flakes easily. 10:21
6. Finish with the parsley and the rest of the lemon juice and serve the fish with the vegetables and gravy. 13:23

> **Tip** Serves 2 (one fish each, our estimate). Use a low-salt or homemade stock to keep sodium down. Any firm white fish works; fillets need less time. Add potato or sweet potato with the pumpkin for a heartier meal.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
581 kcal	42 g	60 g
2,430 kJ	85% of a day	43 g net · 21 g sugars
		22% of a day

FIBRE	FAT	SODIUM
17 g	22 g	1,600 mg
61% of a day	7.1 g saturated	70% of a day
	29% of a day	

Energy from net carbs 32% · protein 31% · fat 37%

High in (20%+ of a day) Vitamin C 231% · Vitamin A 192% · Vitamin B12 179% · Vitamin K 167% · Selenium 119% · Vitamin B6 100% · Potassium 56% · Vitamin E 55% · Folate 54% · Magnesium 53% · Omega-3 42% · Iron 31% · Calcium 25% · Zinc 22%

⚠ 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: caribbeanpot (@caribbeanpot) on YouTube — youtube.com/watch?v=a6H5AdbKLaU, published 22 February 2022. 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/jamaican-steamed-fish-okra-pumpkin