INDIAN · LUNCH · DINNER

Kerala Fish Molly (Meen Moilee)

40 min · Serves 4 · 515 kcal a serve · Video 5:54 · Shaan Geo

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

A serve gives about 25 g of protein, and the kingfish makes it rich in omega-3 fats, vitamin B12 and selenium; the mild coconut sauce keeps it fairly low in carbs, about 10 g net a serve.

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Ingredients 19 · SERVES 4

- [ ] ½ kg kingfish (seer fish) steaks, cleaned weight
- [ ] 2 tsp **crushed black pepper** (1 tsp for the fish, 1 tsp for the gravy)
- [ ] ¾ tsp **turmeric powder** (½ tsp for the fish, ¼ tsp for the gravy)
- [ ] 2¼ tsp **salt** (¾ tsp for the fish, 1½ tsp for the gravy)
- [ ] 1 tsp **lime or lemon juice**
- [ ] 5 tbsp **coconut oil** (3 tbsp to fry the fish, 2 tbsp more for the gravy)
- [ ] 4 **cardamom pods**
- [ ] 6 **cloves**
- [ ] 8 cm piece **cinnamon** stick
- [ ] 4 cm piece **ginger**, cut into thin strips
- [ ] 8 **garlic** cloves, chopped
- [ ] 4 **green chillies**, chopped
- [ ] 1 **onion** (125 g), sliced
- [ ] 2 sprigs **curry leaves**
- [ ] 1 tsp **coriander powder**
- [ ] 350 ml **thin coconut milk** (second pressing)
- [ ] 1 **tomato**, sliced into rounds
- [ ] 240 ml **thick coconut milk** (first pressing)
- [ ] ½ tbsp **vinegar**

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. Mix 1 tsp crushed pepper, ½ tsp turmeric, ¾ tsp salt and the lime juice into a paste and rub it over the fish steaks. 0:33
2. Heat 3 tbsp coconut oil in a wide pan and shallow-fry the fish for a couple of minutes on each side until lightly golden but not fully cooked. Lift it out and keep the oil in the pan. 1:20
3. Add 2 tbsp more coconut oil. Fry the cardamom, cloves and cinnamon briefly, then the ginger, garlic and green chillies until fragrant. 2:10
4. Add the onion, 1½ tsp salt and half the curry leaves and sauté until soft, then stir in ¼ tsp turmeric and the coriander powder. 3:04
5. Pour in the thin coconut milk with 1 tsp crushed pepper and bring to a simmer. Slide in the fish, lay the tomato slices and remaining curry leaves on top, cover and simmer gently until the fish is cooked, a few minutes. 3:52
6. Pour in the thick coconut milk and vinegar, swirl the pan to mix, and heat through without boiling. Turn off the heat and serve. 4:47

> **Tip** Any firm fish works (pomfret, pearl spot, snapper). Don't boil the curry after the thick coconut milk goes in or it can split. Traditionally served with appam, idiyappam or rice.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
515 kcal	25 g	13 g
2,160 kJ	49% of a day	10 g net · 3 g sugars
		5% of a day

FIBRE	FAT	SODIUM
2.3 g	41 g	1,390 mg
8% of a day	32 g saturated	60% of a day
	53% of a day	

Energy from net carbs 8% · protein 20% · fat 72% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 262% · Selenium 79% · Omega-3 78% · Vitamin B6 36% · Iron 25% · Magnesium 21% · Potassium 20% · Vitamin C 20%

Source of (10–19%) Zinc 13%

⚠ 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: Shaan Geo (@ShaanGeo) on YouTube — youtube.com/watch?v=9qXZ_aous-Y, published 24 December 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/kerala-fish-molly-meen-moilee