INDIAN · LUNCH · DINNER

Kottayam Fish Curry (Meen Mulakittathu with Kudampuli)

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50 min · Serves 3 · 329 kcal a serve · Video 11:29 in Malayalam · Veena's Curryworld

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

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Kingfish simmered in a spicy, sour kudampuli gravy with no coconut milk: about 30 g protein and 8 g net carbs a serve, with more than a day's vitamin B12 and omega-3 fats.

Diet notes: Low carb (8.4 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 14 · SERVES 3

- [ ] 2½ tbsp **chilli powder** (1 tbsp regular, 1½ tbsp Kashmiri)
- [ ] ¼ tsp **ground turmeric**
- [ ] 2 pinches **fenugreek powder**, plus a pinch of fenugreek seeds
- [ ] 2 tbsp **coconut oil**, plus a few drops to finish
- [ ] ½ tsp **mustard seeds**
- [ ] 2 sprigs **curry leaves**, plus a few to finish
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 1 medium piece **ginger**, thinly sliced
- [ ] 10 **shallots** (Kerala small onions), cut in pieces
- [ ] 2 tsp **salt**
- [ ] 3 **green chillies**, slit (1 large, 2 regular)
- [ ] 710 ml **hot water** (boiled down to a thick gravy)
- [ ] 2 big pieces **kudampuli** (fish tamarind, Malabar tamarind), washed
- [ ] ½ kg **king fish** (seer fish), cleaned and cut in pieces

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

Allergens found in the listed ingredients: Fish, Mustard. 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. In a bowl, mix the chilli powders, turmeric and fenugreek powder with a little water to a smooth paste. 0:52
2. Heat the coconut oil in a clay pot or heavy pan. Splutter the mustard seeds, then add the fenugreek seeds and curry leaves, then the garlic and ginger, and sauté on medium heat until the raw smell goes. 2:17
3. Add the shallots and a little salt and sauté until transparent. 3:43
4. Lower the heat, add the chilli paste and stir until it smells cooked and the oil separates. Add the green chillies. 4:58
5. Pour in about 710 ml hot water, add the washed kudampuli and bring to a good boil; taste and add the rest of the salt now. 6:13
6. Add the fish, swirl the pot instead of stirring so the pieces stay whole, cover and cook on medium heat for about 15 minutes, swirling now and then. 8:31
7. Uncover and keep cooking until the gravy is thick, then add a few drops of coconut oil and a few curry leaves, cover and let it rest for a while (up to an hour) before serving. 9:05

> **Tip** Serves 3 (our estimate for ½ kg fish). Her list says 2 tsp salt, added in two goes; taste before adding the fish and use less if you like. Best after a few hours. Eaten with rice or kappa; cauliflower rice keeps it lower in carbs.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
329 kcal	30 g	12 g	3.5 g	18 g	1,640 mg
1,380 kJ	61% of a day	8.4 g net · 4.1 g sugars	12% of a day	10 g saturated	71% of a day
		4% of a day		23% of a day	

Energy from net carbs 11% · protein 38% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 350% · Omega-3 105% · Selenium 94% · Vitamin B6 50% · Vitamin A 21% · Potassium 20%

Source of (10–19%) Magnesium 17% · Iron 16% · Vitamin E 13% · Vitamin C 12% · Zinc 11%

⚠ One serve has about 71% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Veena's Curryworld (@VeenasCurryworld) on YouTube — youtube.com/watch?v=QvMDEPe8CTU, published 20 January 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/meen-mulakittathu-kottayam-fish-curry