LAO · LUNCH · DINNER

Mok Pa (Lao Steamed Fish with Dill in Banana Leaf)

45 min · plus soaking the sticky rice overnight · Serves 4 · 228 kcal a serve

Video 6:16 · Saeng Douangdara

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

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About 23 g protein and 13 g net carbs a serve: catfish steamed in banana leaves with lemongrass, galangal, shallot and lots of dill, bound with a spoonful of pounded sticky rice instead of flour, and no oil.

Diet notes: Low saturated fat (1.9 g, 8% of the energy).

Ingredients 14 · SERVES 4

- [ ] 1 kg whole **catfish**, cut into 2.5 cm pieces on the bone
- [ ] 60 ml soaked **sticky rice**, pounded (soak 120 ml overnight, or 1 hour in hot water)
- [ ] 2 tbsp **water**
- [ ] 25 g minced **lemongrass** (1 stalk)
- [ ] 1 **coriander root**
- [ ] 1 tbsp **galangal**, chopped
- [ ] 4 **dried bird's eye chillies**, rehydrated
- [ ] 1 large **shallot**, diced
- [ ] 2 tbsp **padaek** (Lao fermented fish sauce)
- [ ] 1 tbsp **fish sauce**
- [ ] a pinch of **MSG**
- [ ] 50 g diced **green onion** (1 stalk)
- [ ] 1 tbsp **makrut lime leaves**, minced
- [ ] 25 g chopped **dill**

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. Cut the catfish into pieces about 2.5 cm across, keeping the bone in. 1:21
2. Pound the soaked sticky rice in a mortar until finely ground, adding 2 tbsp water to make a smooth paste — it binds the filling. 2:17
3. Chop the lemongrass, coriander root, galangal, chillies and shallot and pound them into the rice until fine (a blender speeds this up). 2:33
4. Stir in the padaek, fish sauce and MSG. 2:57
5. Chop the green onion, lime leaves and dill. 3:09
6. Put the fish in a large bowl, add the rice paste and mix until every piece is coated, then gently fold in the herbs. 3:41
7. Lay two banana leaves on top of each other, spoon about a cup of the mixture into the middle, fold lengthwise, then fold in both ends and pin the parcel shut with a skewer. 3:52
8. Steam the parcels over boiling water for about 30 minutes and serve with sticky rice. 4:34

> **Tip** Makes about 8 parcels. Any firm white fish works. Lao families eat it with sticky rice; a crisp green salad keeps it lighter. Leftovers keep 3–4 days in the fridge.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
228 kcal	23 g	14 g	1.2 g	8.4 g	1,230 mg
960 kJ	46% of a day	13 g net · 2 g sugars	4% of a day	1.9 g saturated	54% of a day
		5% of a day		11% of a day	

Energy from net carbs 24% · protein 42% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 134% · Vitamin K 27% · Selenium 25% · Vitamin B6 22%

Source of (10–19%) Magnesium 16% · Potassium 14% · Omega-3 14% · Folate 13% · Iron 11% · Vitamin C 11% · Zinc 10%

⚠ One serve has about 54% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Saeng Douangdara on YouTube — youtube.com/watch?v=s9LLLqobDck. 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/mok-pa-lao-steamed-catfish-banana-leaf