MEXICAN · LUNCH · DINNER

Pescado a la Veracruzana (Veracruz-Style Fish)

45 min · Serves 4 · 431 kcal a serve · Video 6:35 · Zelecisne Recetas

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

Lean white fish in a tomato, olive and caper sauce: with the rice, each serve gives about 36 g protein for about 430 kcal, plus olive oil for healthy fat and tomatoes that make it rich in vitamin C.

Diet notes: Low carb (44 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.5 g, 3% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve; Paleo with a swap: leave out the white rice.

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Ingredients 18 · SERVES 4

- [ ] 4 **white fish fillets** (tilapia, snapper or similar; about 680 g)
- [ ] 3–4 **tomatoes**, diced
- [ ] ¼ **onion**, diced
- [ ] 2–3 cloves **garlic**, sliced
- [ ] **olive oil**, enough to coat the base of the pan (about 2 tbsp)
- [ ] 2 **bay leaves**
- [ ] ½ tsp **dried thyme**
- [ ] ½ tsp **Mexican oregano**
- [ ] a pinch of **paprika**
- [ ] 120 ml **water or fish stock**
- [ ] 1 tbsp **capers**
- [ ] 15 **green olives**, sliced or whole
- [ ] chopped **fresh parsley** (optional)
- [ ] 4 **pickled güero chillies** (1 per fillet)
- [ ] a splash of the **chilli pickling liquid**
- [ ] **salt** to taste
- [ ] **pepper** to taste
- [ ] 710 ml cooked **white rice** (about 240 ml uncooked), to serve (optional)

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. Dice the tomatoes, cut the onion into small squares, slice the garlic, and chop the parsley and olives. 0:30
2. Coat the base of a wide pan with olive oil and cook the onion until soft and translucent, then add the garlic and the tomatoes. 1:04
3. When the tomatoes start to break down, season with salt, pepper, bay leaves, thyme, paprika and oregano. Lower the heat to medium, add the water or stock and simmer 5 minutes. 1:46
4. Stir in the capers, olives and parsley, then the pickled güero chillies and a splash of their liquid. Taste before adding more salt – the olives and capers are briny. 2:40
5. Lay the fillets on the sauce, season them lightly, cover and cook on medium-low for 15–20 minutes until the fish is cooked through. Spoon the sauce over and serve with white rice. 3:57

> **Tip** Serves 4 (one fillet each, our estimate). Any firm white fish works, or a whole snapper as is traditional in Veracruz. If you can't find güero chillies, use pickled jalapeños or mild banana peppers.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
431 kcal 1,800 kJ	**36 g** 73% of a day	**47 g** 44 g net · 4.1 g sugars 17% of a day

FIBRE	FAT	SODIUM
3.2 g 12% of a day	**10 g** 1.5 g saturated 13% of a day	**640 mg** 28% of a day

Energy from net carbs 43% · protein 35% · fat 22%

High in (20%+ of a day) Selenium 114% · Vitamin B12 62% · Vitamin C 43% · Vitamin K 43% · Vitamin B6 38% · Vitamin E 25% · Omega-3 23% · Magnesium 22%

Source of (10–19%) Zinc 17% · Potassium 15% · Iron 12% · Folate 11%

Recipe and video: Zelecisne Recetas (@ZelecisneRecetas) on YouTube — youtube.com/watch?v=PcmvcrZksxq, published 19 March 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/pescado-a-la-veracruzana