MEXICAN · LUNCH · DINNER

Pescado Zarandeado (Nayarit Chilli-Rubbed Baked Fish)

Pescado zarandeado

40 min · Serves 6 · 235 kcal a serve · Video 3:48 in Spanish · Chef JoséRa Castillo

Pescatarian · Gluten-free ingredients · No nuts listed

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31 g protein and about 2 g net carbs a serve from white fish baked in a paste of guajillo chilli, lime and garlic, finished with a little butter. Rich in selenium and vitamin B12.

Diet notes: Low carb (2.3 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise, ghee instead of the butter.

Ingredients

10 · SERVES 6

- [ ] 2¼ lb **skin-on white fish fillets**, cut into portions of about 6 oz
- [ ] 3 **guajillo chillies**, stemmed, seeded and soaked in 4 cups hot water
- [ ] about ½ cup of the **chilli soaking water**
- [ ] 1 tbsp **mustard**
- [ ] 1 **chipotle chilli** in adobo
- [ ] 2 tbsp **mayonnaise**
- [ ] 3 **garlic** cloves
- [ ] **Lime juice**: juice of 2 limes
- [ ] **salt**, to taste (sea salt)
- [ ] 1½ oz **butter**

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

Allergens found in the listed ingredients: Fish, Egg, Milk, 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. Soak the stemmed, seeded guajillos in hot water until soft. Blend them with the mustard, chipotle, mayonnaise, garlic, lime juice, a splash of the soaking water and salt to a smooth, thick paste. Taste for salt. 0:18
2. Heat the oven to 350°F. Lay the fish portions skin-side down on a tray and brush the paste over every part of the flesh. Bake for 7 minutes. 1:22
3. Dot the fish with butter, brush on a second coat of the paste, cover the tray with foil and bake 7 minutes more. 1:56
4. Spoon a little more butter over the top, cover again and bake a final 5 minutes, until the fish flakes but the paste still clings to it. 2:21
5. Serve on a platter for the middle of the table or on individual plates, with pico de gallo, guacamole or a simple tomato salsa alongside. 2:48

> **Tip** Use any firm white fish (snapper, sea bass, barramundi). On the Nayarit coast it is grilled over coals in a hinged basket; this is the chef's oven method. Usually eaten in corn tortillas with pico de gallo and guacamole.

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

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
235 kcal	31 g	3.2 g	0.9 g	10 g	550 mg
980 kJ	62% of a day	2.3 g net · 0.3 g sugars	3% of a day	4.3 g saturated	24% of a day
		1% of a day		13% of a day	

Energy from net carbs 4% · protein 56% · fat 40% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 94% · Vitamin B12 62% · Omega-3 39% · Vitamin B6 30%

Source of (10–19%) Magnesium 15% · Vitamin A 11% · Vitamin E 10%

Recipe and video: Chef JoséRa Castillo (@joseracastillo) on YouTube — youtube.com/watch?v=xaeQYpoDeJ4, published 13 February 2018. 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-zarandeado-al-horno