THAI · LUNCH · DINNER

Pla Neung Manao (Thai Steamed Fish with Lime and Chilli)

ปลาทับทิมนึ่งมะนาว

35 min · Serves 3 · 198 kcal a serve · Video 10:05 in Thai · กินได้อร่อยด้วย

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

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Whole fish steamed with no oil and dressed with lime, garlic and chilli: about 34 g protein and 8 g net carbs a serve, with about 2 g added sugar.

Diet notes: Low saturated fat (1.1 g, 5% of the energy).

Ingredients 13 · SERVES 3

- [ ] 1 whole **red tilapia** (about 1 kg), cleaned and scored
- [ ] a few **cabbage leaves**, sliced (about 100 g), to line the plate
- [ ] 5 g **coriander roots** (blended into the sauce)
- [ ] 50 g **garlic** (blended into the sauce)
- [ ] 20 g **bird's eye chillies** (blended into the sauce)
- [ ] 10 g **red chillies** (prik jinda), blended into the sauce
- [ ] 5½ tbsp **lime juice** (for the sauce)
- [ ] 5½ tbsp **fish sauce** (for the sauce; about half the sauce is eaten, the rest stays in the pot)
- [ ] 1 tbsp **palm sugar** (for the sauce)
- [ ] 70 ml **water** (for the sauce, served in a hot pot)
- [ ] 20 g **culantro** (sawtooth coriander), sliced
- [ ] 20 g **Chinese celery**, sliced
- [ ] 20 g **coriander stems and leaves**, sliced

Allergens found in the listed ingredients: Fish, Celery. 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. Scale and gut the fish, wash it well, and score both sides with about three deep cuts so it steams evenly. 0:30
2. Line a heatproof plate with sliced cabbage so the fish doesn't stick, lay the fish on top and steam over rapidly boiling water for about 12 minutes for a 1 kg fish (8–10 minutes if smaller). 1:42
3. Meanwhile squeeze the limes, keeping a few slices for the top, and slice the culantro, Chinese celery and coriander leaves, keeping the coriander roots for the sauce. 3:20
4. Put the coriander roots, garlic and both chillies in a small chopper, add the lime juice, fish sauce, palm sugar and water, and blend to a coarse, sharp sauce. 4:35
5. Check the fish is cooked: a fork should slide easily into the thickest part. Lay more cabbage and the herbs in a hot pot or serving plate and lift the fish onto it. 6:44
6. Pour the lime sauce all over the fish, top with the herbs, lime slices and garlic, and serve hot, ideally over a burner. 8:25

> **Tip** Serves 3 (our estimate: about 120 g cooked fish each). The sauce is very salty; we count half of it as eaten (1.4 g sodium a serve) and eating it all doubles that, so spoon it over the fish. Snapper or barramundi work too. Eaten with rice.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
198 kcal	34 g	9.7 g	1.7 g	3.4 g	1,400 mg
830 kJ	67% of a day	8 g net · 4.6 g sugars	6% of a day	1.1 g saturated	61% of a day
		4% of a day		4% of a day	

Energy from net carbs 16% · protein 69% · fat 15% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 122% · Vitamin B12 96% · Vitamin K 61% · Vitamin C 32% · Vitamin B6 24% · Vitamin D 22% · Magnesium 20%

Source of (10–19%) Potassium 15% · Omega-3 15% · Vitamin E 11% · Folate 11%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: กินได้อร่อยด้วย (@GinDaiAroiDuay) on YouTube — youtube.com/watch?v=Cj-1jY_Bk9A, published 6 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/pla-neung-manao