POLISH · LUNCH · DINNER

Ryba po Grecku (Polish Baked Fish with Carrot and Tomato)

Ryba po grecku

95 min · Serves 6 · 267 kcal a serve · Video 15:12 in Polish · Menu Dorotki

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

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About 34 g protein and 19 g net carbs a serve: lean white fish baked under a thick layer of grated root vegetables and tomato, with no flour coating and no frying.

Diet notes: Low saturated fat (1.7 g, 6% of the energy).

Ingredients 14 · SERVES 6

- [ ] 2¼ lb **fresh hake fillets** (or 2¾–2¾ lb frozen, thawed overnight in the fridge)
- [ ] about 1 tbsp **lemon juice**, for the fish
- [ ] ¼ tsp **salt** for the fish, plus 1 tsp for the vegetables
- [ ] about 1 tbsp **clarified butter**, for the onions (the cook doesn't give the amount)
- [ ] 2 medium **onions** (about 11 oz), sliced into thin wedges
- [ ] a 8 inches piece of **leek**, the greener part, thinly sliced
- [ ] 1 lb large **carrots**, coarsely grated
- [ ] 5 oz **parsley root** (pietruszka), coarsely grated
- [ ] 5 oz **celeriac** (celery root), coarsely grated
- [ ] 5 oz **thick tomato concentrate**
- [ ] 1¾ oz **water**
- [ ] 2 large or 3 small **bay leaves**
- [ ] ½ tsp **ground allspice**
- [ ] **freshly ground black pepper**, optional

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

Allergens found in the listed ingredients: Fish, Milk, 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. Sprinkle the hake fillets with about 1 tbsp lemon juice, season both sides with a little salt and leave them to marinate while you make the vegetables. 5:28
2. Heat the clarified butter in a large deep frying pan, add the onion wedges and stir, then turn the heat low. Add the sliced leek and let both soften gently until glassy. 6:01
3. Season the onion with ½ tsp salt, then stir in the grated carrot, the bay leaves and the ground allspice and leave on low heat. 8:08
4. Add the grated parsley root and celeriac, the tomato concentrate, the water and another ½ tsp salt. Mix well, taste and add pepper or more salt if you like. 8:44
5. Heat the oven to 350°F (top and bottom heat, no fan). Cut the fish into smaller pieces. In a 8 × 11 inches lidded baking dish, layer a third of the vegetables, half the fish, another third of the vegetables, the rest of the fish, then the last vegetables. 9:22
6. Cover and bake on the middle shelf for 60 minutes. Serve hot, or cool it and slice it into neat pieces to serve cold — it is a Christmas Eve classic in Poland. 10:07

> **Tip** Serves about 6 (the cook doesn't say). Any firm white fish works — cod or pollock too. It tastes even better the next day and keeps 3 days in the fridge.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
267 kcal	34 g	25 g	5.8 g	3.9 g	680 mg
1,120 kJ	67% of a day	19 g net · 11 g sugars	21% of a day	1.7 g saturated	30% of a day
		9% of a day		5% of a day	

Energy from net carbs 31% · protein 55% · fat 14%

High in (20%+ of a day) Selenium 95% · Vitamin A 84% · Vitamin B12 61% · Vitamin B6 40% · Vitamin C 24% · Potassium 23% · Magnesium 23% · Vitamin E 21%

Source of (10–19%) Vitamin K 18% · Omega-3 18% · Folate 16% · Iron 13% · Zinc 12%

Recipe and video: Menu Dorotki (@MenuDorotki) on YouTube — youtube.com/watch?v=SWjH_PJNJuE, published 11 December 2024. 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/ryba-po-grecku