MIDDLE EASTERN · DINNER · LUNCH

Samak Saloona (Gulf Fish Stew with Tomato and Dried Lime)

صالونة السمك

60 min · Serves 4 · 352 kcal a serve · Video 5:00 in Arabic · Sayidaty Kitchen

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

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31 g protein and 12 g net carbs a serve. Kingfish is an oily fish, so a serve is rich in omega-3 fats, vitamin B12 and selenium, simmered in a tomato and onion sauce with no flour.

Diet notes: Low saturated fat (3 g, 8% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the corn oil.

Ingredients 17 · SERVES 4

- [ ] **Mackerel, spanish**: 4 kingfish (kanad) or red snapper steaks, about 600 g
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **ground coriander**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **ground cardamom**
- [ ] ½ tsp **black pepper**
- [ ] 2 tbsp **corn oil** for frying the fish, plus about 1 tbsp more for the onions
- [ ] 2 medium **onions**, finely chopped
- [ ] 4 **garlic** cloves, crushed
- [ ] 1 tbsp **crushed fresh ginger**
- [ ] 4 medium **tomatoes**, peeled and chopped
- [ ] 2 tbsp **tomato paste**
- [ ] 1 **dried lime** (loomi), pierced
- [ ] 710 ml **water**
- [ ] chopped **coriander or parsley**, to garnish

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. Mix the cumin, ground coriander, salt, turmeric, paprika, cardamom and black pepper, and rub some of the mix over both sides of the fish steaks. 0:40
2. Heat 2 tbsp oil in a wide pot and fry the fish a few minutes on each side until golden underneath. Lift the fish out and set aside. 1:20
3. Add a little more oil to the same pot and soften the onion over medium heat, then stir in the garlic and ginger. 2:10
4. Add the rest of the spice mix, then the tomatoes and tomato paste, and cook for a minute or two. 2:50
5. Pour in the water, add the pierced dried lime and boil over high heat for about 10 minutes so the sauce thickens. 3:50
6. Slide the fish back into the sauce and simmer gently for about 20 minutes, without stirring too much so the steaks stay whole. 4:30
7. Spoon the saloona into a serving dish and scatter with chopped coriander or parsley. 4:53

> **Tip** Usually served with white rice; cauliflower rice or a salad keeps it lower in carbs. Any firm fish steaks work, such as kingfish, snapper, grouper (hamour) or Spanish mackerel.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
352 kcal	**31** g	**16** g	**4.1** g	**18** g	**680** mg
1,470 kJ	62% of a day	12 g net · 7.6 g sugars	15% of a day	3 g saturated	29% of a day
		6% of a day		23% of a day	

Energy from net carbs 14% · protein 37% · fat 49% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 350% · Omega-3 159% · Selenium 91% · Vitamin B6 48% · Vitamin C 32% · Potassium 26% · Vitamin E 20%

Source of (10–19%) Magnesium 19% · Vitamin K 19% · Iron 15% · Vitamin A 13% · Zinc 12%

Recipe and video: Sayidaty Kitchen (@Sayidatykitchen) on YouTube — youtube.com/watch?v=sYQLfmHkL4M, published 8 May 2019. 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/samak-saloona-gulf-fish-stew