EAST AFRICAN · LUNCH · DINNER

Swahili Fish Curry (Mchuzi wa Samaki)

35 min · Serves 4 · 529 kcal a serve · Video 4:03 · Xawaash FoodBlog

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

Tilapia simmered in coconut milk with freshly ground spices: about 42 g protein and more than a day's selenium and vitamin B12 a serve, with about 6 g net carbs, so it suits a keto plate.

Diet notes: Keto (5.6 g net carbs a serve); Paleo with a swap: olive, avocado or coconut oil instead of the canola or vegetable oil.

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Ingredients 14 · SERVES 4

- [ ] 1 tsp **coriander seeds**, ground
- [ ] 1 tsp **cumin seeds**, ground
- [ ] 1 tsp **black peppercorns**, ground
- [ ] ¼ cup **canola or vegetable oil**
- [ ] 1 tbsp grated **fresh ginger**
- [ ] 2 **garlic** cloves, minced
- [ ] 1 **tomato**, peeled, seeded and diced
- [ ] 1 tsp **tomato paste**
- [ ] 1 × 1⅔ cups can **coconut milk**
- [ ] 1 tbsp **vegetable seasoning salt** (such as Vegeta)
- [ ] 1 **jalapeño**, sliced (or to taste)
- [ ] 3 tbsp chopped **fresh coriander**
- [ ] 7 **tilapia fillets** (about 4 oz each raw)
- [ ] **Lime juice**: juice of 1 lime (or lemon)

Amounts in US 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. Grind the coriander seeds, cumin seeds and peppercorns to a powder in a spice mill. 0:56
2. Heat the oil in a wide pan over medium heat, add the ground spices and stir for 1 minute. Add the garlic and ginger and stir briefly. 1:14
3. Add the diced tomato, then the tomato paste, and cook for about 2 minutes, stirring. 1:37
4. Pour in the coconut milk, add the vegetable seasoning, the jalapeño and the chopped coriander, and stir well. 1:49
5. Lay the tilapia fillets in the sauce, cover and cook over medium heat for 3 minutes. Carefully turn them, cover again and cook 4 minutes more, until the fish flakes. 2:30
6. Squeeze the lime over the fish and serve. 3:06

Tip Serves 4 (our estimate from 7 fillets). Xawaash serves it with potato and cumin rice; cauliflower rice keeps it keto. Any firm white fish works.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
529 kcal 2,210 kJ	42 g 85% of a day	6.7 g 5.6 g net · 1.2 g sugars 2% of a day

FIBRE	FAT	SODIUM
1 g 4% of a day	39 g 21 g saturated 50% of a day	590 mg 26% of a day

Energy from net carbs 4% · protein 31% · fat 65% — fits keto: 5.6 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 162% · Vitamin B12 118% · Omega-3 96% · Iron 28% · Vitamin D 28% · Vitamin E 28% · Magnesium 24% · Potassium 20% · Vitamin K 20%

Source of (10–19%) Vitamin B6 17% · Vitamin C 14% · Zinc 13%

Recipe and video: Xawaash FoodBlog (@XawaashFoodBlog) on YouTube — youtube.com/watch?v=WYoIRIHli-4, published 28 January 2012. 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/swahili-coconut-fish-curry