INDIAN · LUNCH · DINNER

Bengali Fish Curry with Mustard and Poppy (Machher Jhal)

60 min · Serves 5 · 220 kcal a serve · Video 5:34 · Bong Eats

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

A light, low-carb fish curry with about 16 g of protein a serve, thickened with ground mustard and poppy seeds rather than cream; mustard oil and fish make it rich in omega-3 fats, and there is only ½ tsp sugar in the pot.

Diet notes: Keto (1.9 g net carbs a serve).

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Ingredients 14 · SERVES 5

- [ ] 500 g **rohu fish steaks** (rui or katla), on the bone
- [ ] 8 g **poppy seeds** (posto)
- [ ] 4 g **mustard seeds**
- [ ] 3 **green chillies** (1 ground into the paste, 2 slit)
- [ ] 13 g **salt** in all (5 g for the fish, 8 g for the curry)
- [ ] 1 tsp **turmeric** in all (½ tsp for the fish, ½ tsp for the curry)
- [ ] 50 g **mustard oil**, for frying and to finish
- [ ] ¼ tsp **kalo jeere** (nigella seeds)
- [ ] 40 g **onion**, thinly sliced
- [ ] 3 g **garlic**, crushed
- [ ] 25 g **tomato**, chopped
- [ ] ½ tsp **sugar**
- [ ] ½ tsp **red chilli powder**
- [ ] 150 ml **hot water**

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the poppy and mustard seeds in water for 30 minutes, drain, and grind them to a smooth paste with one green chilli. 0:55
2. Rub the fish with 5 g salt and ½ tsp turmeric. 1:20
3. Heat the mustard oil in a kadai until very hot, then lightly fry the fish in batches, about 2 minutes a side. Set aside, keeping a little oil back to finish. 2:10
4. In the same oil, temper the nigella seeds, then fry the onion gently for 5 minutes. Add the garlic for 2 minutes, then the tomato and 8 g salt and cook until the tomato melts; stir in the sugar. 3:08
5. Add ½ tsp turmeric and the chilli powder and cook until the oil separates. Stir in the mustard-poppy paste for no more than a minute (longer turns it bitter), then pour in the hot water. 4:25
6. When it boils, add the slit green chillies, slide in the fish one piece at a time and simmer on medium for about 5 minutes. Finish with a drizzle of raw mustard oil and turn off the heat. 5:00

> **Tip** Serve with plain rice. Fry the fish only lightly so it stays moist; any firm freshwater fish works. Mustard oil is traditional; heat it until it just smokes to mellow it.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
220 kcal 920 kJ	16 g 33% of a day	2.8 g 1.9 g net · 1.1 g sugars 1% of a day	0.9 g 3% of a day	16 g 2.2 g saturated 20% of a day	1,050 mg 46% of a day

Energy from net carbs 4% · protein 30% · fat 66% — fits keto: 1.9 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Omega-3 71% · Vitamin B12 42% · Selenium 24%

Source of (10–19%) Zinc 14% · Vitamin B6 11%

Recipe and video: Bong Eats (@BongEats) on YouTube — youtube.com/watch?v=JrfPmWlKJ9o, published 7 April 2023. 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/bengali-machher-jhal-shorshe-posto