ECUADORIAN · LUNCH · DINNER

Encocado de Pescado (Ecuadorian Fish in Coconut Sauce)

Encocado de pescado

40 min · Serves 4 · 469 kcal a serve · Video 3:18 in Spanish · KWA

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

About 44 g protein and 8 g net carbs a serve from fish gently poached in homemade coconut milk with onion, garlic and pepper, a filling, low-carb main that keeps blood sugar steady.

Diet notes: Low carb (8.3 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

12 · SERVES 4

- [ ] **White fish**: 2 lb firm fish fillets or steaks (the cook uses picudo; any firm fish works)
- [ ] 3 tbsp **achiote oil** (oil coloured with annatto seeds)
- [ ] 3 tbsp chopped **garlic**
- [ ] ½ cup chopped **red onion**
- [ ] ½ cup chopped **white onion**
- [ ] ¼ cup chopped **green capsicum** (bell pepper)
- [ ] 1 cup second (thin) coconut milk
- [ ] 1 cup first (thick) coconut milk, both pressed from 1 lb grated coconut with 2 cups coconut water and 2 cups water
- [ ] chopped **coriander** (cilantro), to finish
- [ ] **salt** to taste
- [ ] **black pepper** to taste
- [ ] **ground cumin** to taste

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cut the fish into fillets or steaks and season each piece on both sides with salt and pepper. 0:11
2. Heat the achiote oil in a wide pan, add the garlic, red and white onion and green capsicum and fry into a soft refrito. Season with salt, pepper and cumin. 0:28
3. Pour in the second (thin) coconut milk and let it simmer and come together with the refrito. 0:57
4. Lay the fish in the sauce and cook over low heat for about 5 minutes, spooning sauce over it and turning the pieces carefully once. 1:04
5. Add the first (thick) coconut milk and keep stirring gently, without boiling hard, until the sauce is creamy and the fish is cooked through. 1:41
6. Finish with chopped coriander and serve each piece of fish covered in sauce. 1:59

> **Tip** Serves 4 (our estimate from 2 lb fish). Canned coconut milk (one can, part diluted with water) replaces the homemade milks. In Esmeraldas it comes with rice and green plantain patacones; a salad or avocado keeps it lighter.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
469 kcal	**44** g	**9.4** g	**1.1** g	**28** g	**550** mg
1,960 kJ	88% of a day	8.3 g net · 2.3 g sugars	4% of a day	16 g saturated	24% of a day
		3% of a day		36% of a day	

Energy from net carbs 7% · protein 38% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 135% · Vitamin B12 83% · Omega-3 80% · Vitamin B6 40% · Magnesium 28% · Vitamin E 23% · Iron 22%

Source of (10–19%) Vitamin C 17% · Potassium 16% · Zinc 16% · Vitamin K 12%

Recipe and video: KWA (@KWAEC) on YouTube — youtube.com/watch?v=rZMIyuW77S0, published 8 April 2022. 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/encocado-de-pescado