INDONESIAN · LUNCH · DINNER

Ikan Bakar with Sambal Colo-Colo (Grilled Mackerel)

45 min · Serves 6 · 279 kcal a serve · Video 12:00 · Devina Hermawan

Dairy-free · Nut-free

Mackerel grilled in a dry pan gives each serve about 24 g of protein, around 2 g of omega-3 fats from the fish, more than a day's vitamin B12 and half a day's vitamin D. The raw tomato-chilli sambal adds freshness; skip the hot oil for a leaner plate.

Diet notes: Low carb (6.3 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: use gluten-free flavour enhancer and sweet soy sauce (tamari).

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Ingredients 23 · SERVES 6

- [ ] 6 **chub mackerel** (ikan kembung), gutted and cleaned
- [ ] 3 **garlic** cloves, minced
- [ ] ½ tsp **coriander powder**
- [ ] ½ tsp **turmeric powder**
- [ ] **Lime juice**: juice of 2 limes
- [ ] 1 tsp **pepper**
- [ ] 1½ tsp **salt**, for the marinade
- [ ] 1 tsp **flavour enhancer** (penyedap), for the marinade
- [ ] 1 tsp **sugar**, for the marinade
- [ ] 100 g **green tomato**, diced
- [ ] 100 g **red tomato**, diced
- [ ] 50 g **shallots**, sliced
- [ ] 25 g **red bird's eye chillies**
- [ ] 25 g **green bird's eye chillies**
- [ ] 10 g **lemon basil** (kemangi), soaked in iced water and sliced
- [ ] **Lime juice**: juice of 4 kaffir limes or limes
- [ ] 50 ml **oil**, heated, for the sambal (optional)
- [ ] 2 tsp **sugar**, for the sambal
- [ ] ¾ tsp **salt**, for the sambal
- [ ] ¼ tsp **flavour enhancer** (penyedap), for the sambal
- [ ] 4 **Indonesian bay leaves** (daun salam)
- [ ] a little **salt** (about ½ tsp), to sprinkle on just before grilling
- [ ] **sweet soy sauce** (kecap manis, about 2 tsp), to serve (optional)

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the garlic, salt, pepper, flavour enhancer, coriander, turmeric, sugar and lime juice into a marinade. 2:52
2. Slit each fish along the back without cutting all the way through, spoon the marinade inside (not on the skin, where it would burn), cover and marinate for 10–15 minutes. 3:27
3. For the sambal, roughly pound the red and green chillies with the salt, sugar and flavour enhancer. Stir in the shallots, green and red tomato, lime juice and lemon basil. 6:15
4. If you like, heat the oil and pour it over the sambal, then stir. Skip this to keep the dish lower in fat. Serve sweet soy sauce on the side. 7:08
5. Heat a non-stick pan with no oil. Sprinkle the fish with salt, lay it in the pan with the bay leaves, cover with banana leaf or a lid and grill for 4–6 minutes. 7:40
6. Sprinkle the top with salt, flip, cover again and cook until done. Serve with the sambal and rice. 8:58

> **Tip** Serves 6, one fish each. Any small whole fish works. To cut sodium, skip the flavour enhancer and use half the marinade salt; leaving out the hot oil cuts fat. For a milder sambal, use fewer chillies.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
279 kcal 1,170 kJ	**24 g** 48% of a day	**7.5 g** 6.3 g net · 3.9 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
1.2 g 4% of a day	**17 g** 3.2 g saturated 22% of a day	**1,380 mg** 60% of a day

Energy from net carbs 9% · protein 35% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 162% · Vitamin B12 159% · Selenium 77% · Vitamin D 51% · Vitamin C 26% · Vitamin B6 26% · Vitamin E 20%

Source of (10–19%) Vitamin K 15% · Potassium 14% · Magnesium 11% · Iron 10%

⚠ One serve has about 60% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Devina Hermawan (@devinahermawan) on YouTube — youtube.com/watch?v=YwC7mB8glkE, published 7 December 2021. 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/ikan-bakar-sambal-colo-colo