INDIAN · LUNCH · DINNER

Keto Kokum and Coconut Fish Curry

30 min · Serves 4 · 316 kcal a serve · Video 10:00 · HK's Keto & Low Carb Recipes

Pescatarian · Gluten-free ingredients · Nut-free

Firm white fish in a tangy kokum, tomato and coconut cream sauce tempered in ghee, with no sugar or flour: about 17 g protein and 7 g net carbs a serve, ready in 30 minutes.

Diet notes: Keto (6.9 g net carbs a serve).

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Ingredients 18 · SERVES 4

- [ ] a couple of pieces of **kokum**, soaked in 50 ml hot water (the pieces are not eaten)
- [ ] 2 tbsp **ghee**
- [ ] 1 tsp **mustard seeds**
- [ ] 10 **curry leaves**
- [ ] 1 small **green chilli**
- [ ] 1 **dried red chilli**
- [ ] 100 g **red onion**, grated
- [ ] **salt**, to taste
- [ ] 10 g **ginger-garlic paste** (half ginger, half garlic)
- [ ] **Garlic**: the garlic half of the ginger-garlic paste
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tsp **Kashmiri red chilli powder**
- [ ] 1 tsp **ground coriander**
- [ ] 100 ml **tomato purée** (passata)
- [ ] about 50 ml **water**, plus the kokum soaking water
- [ ] 200 g **coconut cream**
- [ ] 300 g **black pomfret fillets** (or any firm fish), cut into curry pieces
- [ ] **fresh coriander**, to garnish

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the kokum in about 50 ml hot water for 10 minutes. Grate the onion and cut the fish into curry-sized pieces. 0:49
2. Melt the ghee in a heavy saucepan, add the mustard seeds and cook over medium heat until they pop. Add the curry leaves, green chilli and dried red chilli and fry for a minute. 0:59
3. Add the grated onion with a pinch of salt and cook on low-medium heat for 4–5 minutes until it starts to colour. Add the ginger-garlic paste and cook for a minute. 2:10
4. Stir in the turmeric, chilli powder and coriander and fry for a minute. Add the kokum with its soaking water, the tomato purée and about 50 ml water; cover and simmer 5–8 minutes until the fat separates. 3:28
5. Stir in the coconut cream, season with salt and bring to a boil, then lower to a gentle simmer. 4:50
6. Add the fish so it is submerged, cover and cook 4–5 minutes until it is just cooked. Finish with fresh coriander. 5:47

> **Tip** Serve with cauliflower rice (or rice if you're not keto). Salmon or cod also work, says the cook. Add more green chillies for heat. Kokum is sold dried in Indian grocers.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
316 kcal	17 g	9.5 g	2.6 g	25 g	450 mg
1,320 kJ	33% of a day	6.9 g net · 4.2 g sugars	9% of a day	20 g saturated	20% of a day
		3% of a day		32% of a day	

Energy from net carbs 9% · protein 21% · fat 70% — fits keto: 6.9 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Selenium 51% · Vitamin B12 28%

Source of (10–19%) Vitamin B6 17% · Magnesium 13% · Iron 12% · Omega-3 11% · Potassium 10% · Zinc 10% · Vitamin A 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=iLhCVMSIIZE, published 5 February 2020. 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/keto-kokum-coconut-fish-curry