WEST AFRICAN · LUNCH · DINNER

Liboke (Congolese Fish Steamed in Banana Leaves)

Liboke ya malangwa

80 min · Serves 4 · 254 kcal a serve · Video 8:34 in French · MULAMUKE

Dairy-free · Nut-free

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38 g protein and 4 g net carbs a serve: fish steamed in its own juices with tomato, peppers and herbs, using only 2 tbsp olive oil for the whole parcel.

Diet notes: Low carb (4.3 g net carbs) but not keto: 30% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Check that the stock cube is gluten-free.

Ingredients

11 · SERVES 4

- [ ] 1 kg **firm white fish steaks** (capitaine/Nile perch or tilapia)
- [ ] a splash of **apple cider vinegar**, for soaking the fish (poured away)
- [ ] ½ **onion**, chopped
- [ ] 2 **fresh tomatoes**, chopped
- [ ] **chives**, 3 stems, chopped
- [ ] a few cloves **garlic**, chopped (about 2)
- [ ] ½ **green capsicum**, sliced
- [ ] 2 **mild green chillies**, cut, and 1 whole yellow scotch bonnet
- [ ] 1 **stock cube and salt**, to taste
- [ ] 2 tbsp **olive oil**
- [ ] 1 **glass of water**

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cut the fish into steaks, wash them, then soak for about 5 minutes in warm water with a splash of vinegar to freshen the smell. Drain. 1:20
2. Lay a large sheet of foil on the board and cover it with washed banana leaves (the foil only supports leaves that have torn in the freezer). 2:55
3. Put the fish in a bowl and add the capsicum, the cut green chillies, the whole scotch bonnet, chives, garlic, tomatoes and onion. 4:15
4. Season with salt and the stock cube, add the olive oil and the water, and mix gently with your hands. 5:10
5. Pile the fish and all its juices onto the banana leaves, fold the leaves up into a tight parcel, tie it and wrap the foil around it. 6:10
6. Cook the parcels on a charcoal grill for 1–2 hours, turning them now and then. From 45 minutes, lift a parcel to check: it feels noticeably lighter once the fish is cooked. 7:13
7. Open the parcels at the table and serve the fish in its juices. 8:05

> **Tip** Serves 4 (our estimate). You need a few large banana leaves. Eaten in Kinshasa with chikwangue (cassava bread), fufu or plantain; a green salad keeps it lower in carbs.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal	38 g	5.9 g	1.6 g	8.4 g	900 mg
1,060 kJ	75% of a day	4.3 g net · 3.1 g sugars	6% of a day	1.3 g saturated	39% of a day
		2% of a day		11% of a day	

Energy from net carbs 7% · protein 62% · fat 31% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 110% · Vitamin B12 73% · Vitamin C 37% · Vitamin B6 35% · Omega-3 23%

Source of (10–19%) Magnesium 19% · Vitamin E 19% · Potassium 13% · Vitamin K 12% · Zinc 11%

Recipe and video: MULAMUKE (@ibjdtv.lafemmeselonlecoeur7660) on YouTube — youtube.com/watch?v=Eh56jzUWkoQ, published 19 January 2018. 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/liboke-ya-malangwa