MEXICAN · DINNER · LUNCH

Tlapiques: Fish and Nopal Tamales Without Masa

60 min · Serves 5 · 245 kcal a serve · Video 3:57 · Pati Jinich

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

35 g protein and 4 g net carbs a serve: white fish steamed in its husk under a tangy salsa of nopales, tomatillos and chiles, with no masa, flour, sugar or dairy.

Diet notes: Low carb (3.9 g net carbs) but not keto: 31% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.8 g, 3% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 10 · SERVES 5

- [ ] 1 lb **nopales** (cactus paddles), cleaned and cut into ½-inch dice
- [ ] 2 tbsp **vegetable oil**, divided, plus a little more for rubbing the fish
- [ ] 2 tsp **kosher salt**, divided
- [ ] ½ lb **tomatillos**, husked, rinsed and diced
- [ ] 3 **scallions**, white and light green parts, thinly sliced
- [ ] 1 **fresh jalapeño**, finely chopped
- [ ] 6 **pickled jalapeños or serranos**, stemmed and finely chopped
- [ ] **Coriander leaves**: 1 cup cilantro leaves and upper stems, coarsely chopped
- [ ] 2 lb **white fish fillets such** as rockfish, grouper or flounder, skin removed
- [ ] ½ tsp **coarsely ground black pepper**, plus more for the fish

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

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak about 24 large dried corn husks in water for 30 minutes. Clean the nopal paddles (cut off the base and edge and scrape off the thorns) and dice them. 0:15
2. Heat 1 tbsp oil in a pan over medium heat, add the nopales with ½ tsp salt and cook until they lose their slime and turn olive green. Let them cool. 0:32
3. Mix the diced tomatillos, scallions, cilantro, fresh jalapeño and pickled chiles with 1 tsp salt, the pepper, 1 tbsp oil and the cooked nopales. 0:46
4. Cut the fish into pieces that fit a husk, rub with a little oil and season with the last ½ tsp salt and some pepper. 1:48
5. Lay a piece of fish on one or two overlapping husks, spoon nopal salsa on top, fold the husk over to enclose it, and tie with thin strips torn from another husk. 2:17
6. Cook the parcels on a hot comal or heavy skillet over medium heat, turning now and then, until the husks are toasted and the fish inside is opaque and flakes easily. 2:50

> **Tip** Makes 10 tlapiques; we count 2 a serve. Pati serves them with warm corn tortillas and rice (not in the numbers). For paleo, use avocado or olive oil in place of the vegetable oil. The pickled chiles bring a lot of salt.

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
245 kcal	35 g	7.4 g	3.5 g	8.3 g	1,300 mg
1,030 kJ	70% of a day	3.9 g net · 3.4 g sugars	13% of a day	0.8 g saturated	56% of a day
		3% of a day		11% of a day	

Energy from net carbs 7% · protein 61% · fat 32% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 101% · Vitamin B12 67% · Omega-3 55% · Vitamin K 38% · Vitamin B6 32% · Magnesium 28% · Vitamin C 21%

Source of (10–19%) Vitamin E 19% · Potassium 16% · Calcium 14% · Zinc 12% · Iron 11%

⚠ One serve has about 56% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Pati Jinich on YouTube — youtube.com/watch?v=2w8qxqlqzhs. 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/tlapique-de-pescado-con-nopales