

# Pan-Fried Whole Fish (Pompano) with Sambal Matah

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-sambal-recipe-malaysian>

## Ingredients:

- 1 1/2 pounds fish such as pompano, sea bass, snapper
- 1 teaspoon ground turmeric
- 1 teaspoon hot smoked paprika
- 3 tablespoons olive oil divided
- sea salt
- sambal matah, recipe below
- cilantro leaves
- rice
- lime wedges
- 1/2 teaspoon shrimp paste belacan, dried
- 7 shallots small red, thinly sliced
- 2 kaffir lime leaves thinly sliced/chiffonade
- 2 garlic cloves minced
- 6 chiles each red and/or green birds eye, thinly sliced, more or less to taste, these guys are hot!
- 2 lemongrass stalks white part only, minced
- 2 tablespoons oil
- 2 limes
- sea salt

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 120 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 5 grams

8. Sodium: 870 milligrams
  9. Sugar: 3 grams
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