Why we add fat to a fish that doesn't have any Transcript

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Intro and Tilapia Meal Plan

Welcome back to our kitchen. Today we're Welcome back to our kitchen. Today we're going to make another metabolically going to make another metabolically healthy and aligned meal. So today we're healthy and aligned meal. So today we're going to have tilapia. Tilapia is a very going to have tilapia. Tilapia is a very simple fish. It's cheap. Um it's, you simple fish. It's cheap. Um it's, you know, we always talk about good, better, know, we always talk about good, better, and best. Good is tilapia. Better would and best. Good is tilapia. Better would be maybe salmon. I'll talk about the be maybe salmon. I'll talk about the high sort of omega-3 rich fish. Best high sort of omega-3 rich fish. Best would probably be sockeye Alaskan wild would probably be sockeye Alaskan wild salmon cuz it has the highest omega-3 salmon cuz it has the highest omega-3 content. But the reason why we're going content. But the reason why we're going with tilapia first of all is it's cheap with tilapia first of all is it's cheap and easy. We're all about demonstrating and easy. We're all about demonstrating um metabolically healthy foods that um metabolically healthy foods that aren't aren't necessarily perfect. We're aren't aren't necessarily perfect. We're not going for perfection. We're going not going for perfection. We're going for metabolic alignment. Like I said for metabolic alignment. Like I said before, you can only serve so many before, you can only serve so many masters at the same time. And tilapia is masters at the same time. And tilapia is very low in omegas, but it's actually very low in omegas, but it's actually pretty rich in a high-quality protein.

pretty rich in a high-quality protein. And we also like to mix it up. We've had And we also like to mix it up. We've had quite a bit of uh beef this week and so quite a bit of uh beef this week and so we're we're we're and chicken and so we're mixing it up and chicken and so we're mixing it up with a little fish tonight. So when it with a little fish tonight. So when it comes to um fish in general, comes to um fish in general, probably the top five best fish to get probably the top five best fish to get are what we call SMASH. S M A S H.

are what we call SMASH. S M A S H. Salmon, mackerel, anchovy, sardines, Salmon, mackerel, anchovy, sardines, herring. Um a lot of those fish are just herring. Um a lot of those fish are just really not in our culture. Maybe some really not in our culture. Maybe some people eat salmon every now and again, people eat salmon every now and again, but from an omega-3 standpoint, it's but from an omega-3 standpoint, it's those fatty fish that are really the those fatty fish that are really the best. But what we get from tilapia is we best. But what we get from tilapia is we get a great source of protein. It's a get a great source of protein. It's a very very mild fish. There's other very very mild fish. There's other people eating with us tonight. So it's people eating with us tonight.

Mediterranean Salad Ingredients

So it's it's it's one that is kind of a it's it's one that is kind of a crowd-pleaser for a whole variety of crowd-pleaser for a whole variety of people that might be eating. So people that might be eating. So we're going to have tilapia. We're going we're going to have tilapia. We're going to have it in a sort of Mediterranean to have it in a sort of Mediterranean theme. We're also going to have a theme. We're also going to have a Mediterranean sort of Greek salad. You Mediterranean sort of Greek salad. You want to You want to say a little bit want to You want to say a little bit more about what comes on the salad?

more about what comes on the salad? >> Yeah, but we all we did we always talk >> Yeah, but we all we did we always talk about I think if you're cooking at home about I think if you're cooking at home you're winning. So again, like I think you're winning. So again, like I think sometimes we put this pressure on sometimes we put this pressure on ourselves like we have to make this ourselves like we have to make this amazing meal, but I again I think if amazing meal, but I again I think if you're cooking at home again, that's you're cooking at home again, that's that's the best. Um the tilapia I that's the best. Um the tilapia I usually get at Trader Joe's. Again, we usually get at Trader Joe's. Again, we have no affiliation with anyone, but um have no affiliation with anyone, but um They didn't They were out today, but I They didn't They were out today, but I do feel like they're a little thicker. I do feel like they're a little thicker. I ended up having to go to Sprouts, and I ended up having to go to Sprouts, and I I always get it frozen. Another thing I I always get it frozen. Another thing I always have in our freezer, a bunch of always have in

our freezer, a bunch of shrimp, shrimp, shrimp, tilapia, so I can pull it out and and tilapia, so I can pull it out and and make it pretty quickly.

make it pretty quickly. Um for the salad, yes, we're doing a Um for the salad, yes, we're doing a Mediterranean salad, and my kids love Mediterranean salad, and my kids love it. So, if you want to pan over here, we it. So, if you want to pan over here, we can just look real quick.

can just look real quick. Um Um Um So, I do cut up some salami. I get this So, I do cut up some salami. I get this just no nitrates and stuff. Um and then just no nitrates and stuff.

Cooking the Tilapia

Um and then I do put some Kalamata olives. I do put some Kalamata olives. Tonight, I have not done this, but I'm Tonight, I have not done this, but I'm going to put some chickpeas, garbanzo going to put some chickpeas, garbanzo beans, beans, beans, um definitely pepperoncinis, and then um definitely pepperoncinis, and then some cucumber. There's our daughter some cucumber. There's our daughter Julia in the background. And then I Julia in the background. And then I leave do a little bit of um parm on it, leave do a little bit of um parm on it, and we get the pecorino romano cheese. I and we get the pecorino romano cheese. I think this is easier to tolerate on your think this is easier to tolerate on your gut, gut, gut, >> Possibly. Yeah, typically the aged >> Possibly. Yeah, typically the aged cheeses, first of all, you're going to cheeses, first of all, you're going to get away with less. We've talked about get away with less. We've talked about it before that this cheese has a nice it before that this cheese has a nice flavor profile called umami, which flavor profile called umami, which actually comes with its own health actually comes with its own health benefits. And uh you just have a little benefits. And uh you just have a little bit. Uh for those of us who are cow bit. Uh for those of us who are cow dairy sensitive, um some of us can get dairy sensitive, um some of us can get away with a little bit of that. I can away with a little bit of that. I can handle a little. I can get away with a handle a little. I can get away with a little goat cheese, but I can't have little goat cheese, but I can't have like ice cream and milk and those kind like ice cream and milk and those kind of things.

of things. >> And again, I we I use romaine, but I I >> And again, I we I use romaine, but I I took a little bit of time, not a lot, to took a little bit of time, not a lot, to cut up a bunch of romaine, and I put it cut up a bunch of romaine, and I put it in the baggie, so. Um okay, so I'm going in the baggie, so. Um okay, so I'm going to do the tilapia. I just um I do I love to do the tilapia. I just um I do I love this crushed garlic. It is from Trader this crushed garlic. It is from Trader Joe's, and comes in these cubes, but I Joe's, and comes in these cubes, but I throw it in everything. So, throw it in everything. So, >> Good. If you're, you know, if you're >> Good. If you're, you know, if you're super natural level, you're going to super natural level, you're going to take the garlic, and you're going to take the garlic, and you're going to chop it up and mince it, all that kind chop it up and mince it, all that kind of stuff. And we do that, for sure. But, of stuff. And we do that, for sure. But, this little um you know, kind of frozen this little um you know, kind of frozen garlic squares are just they work really garlic squares are just they work really good. It gives you a nice garlic uh kind good. It gives you a nice garlic uh kind of flavor in the butter, and it's super of flavor in the butter, and it's super simple if you're a little low on time.

simple if you're a little low on time. >> And I add some olive oil too, so I just >> And I add some olive oil too, so I just kind of kind of >> And that's really key. Since this type >> And that's really key. Since this type of fish is actually very low in high of fish is actually very low in high quality fats, we're basically adding our quality fats, we're basically adding our own fat to it. We're using extra virgin own fat to it. We're using extra virgin olive oil, and we know all the awesome olive oil, and we know all the awesome polyphenols and different compounds in polyphenols and different compounds in that. So again, kind of sticking with that.

Plating with Coleslaw and Bruschetta

So again, kind of sticking with our Mediterranean theme, we're having our Mediterranean theme, we're having some fish, we're having uh we're some fish, we're having uh we're actually cooking it in some butter and actually cooking it in some butter and some olive oil. When it's all done and I some olive oil. When it's all done and I put it on my plate, I'm actually going put it on my plate, I'm actually going to lather a little more fresh uh olive to lather a little more fresh uh olive oil on top of it, and we have that with oil on top of it, and we have that with the with the

salad.

the with the salad. >> Yeah, I'm going to put some bruschetta >> Yeah, I'm going to put some bruschetta on top. on top. >> Whoever wants that. Um we're also >> Whoever wants that. Um we're also cooking some white rice. Um cooking some white rice. Um we've got, you know, a teenage girl, and we've got, you know, a teenage girl, and we have uh two boys in their 20s. I we have uh two boys in their 20s. I think they're coming by today, and they think they're coming by today, and they love having white rice along with this, love having white rice along with this, and they can handle those kind of carbs.

and they can handle those kind of carbs. We might have a little bit. I'm probably We might have a little bit. I'm probably skipping it tonight, but um skipping it tonight, but um So, I thought I'd mention a little bit So, I thought I'd mention a little bit about what I had today for my overall, about what I had today for my overall, you know, kind of three main meals you know, kind of three main meals today. So, this morning I had pretty today. So, this morning I had pretty much what I have every morning. I had um much what I have every morning. I had um turkey burger patty. I just kind of make turkey burger patty. I just kind of make the patties myself. They are half-pound the patties myself. They are half-pound patties. I just throw that in a patties. I just throw that in a cast-iron skillet, uh cook that. Um you cast-iron skillet, uh cook that. Um you know, it's like maybe 12 minutes a side, know, it's like maybe 12 minutes a side, something like that. And then I cook a something like that. And then I cook a couple eggs with that, and I put the couple eggs with that, and I put the eggs over the top, and I had some kimchi eggs over the top, and I had some kimchi on the side. For lunch, um so basically on the side. For lunch, um so basically last night we had we had uh burger last night we had we had uh burger bowls. So, hamburger meat, and then we bowls. So, hamburger meat, and then we had sort of the fixings, the things that had sort of the fixings, the things that you typically have on a hamburger.

you typically have on a hamburger. >> We'll do that another time. >> We'll do that another time. >> Yeah, we'll we'll show that one some >> Yeah, we'll we'll show that one some other time.

other time. We just had bowls with all the, you We just had bowls with all the, you know, lettuce and pickles and onions and know, lettuce and pickles and onions and different stuff on top with the Primal different stuff on top with the Primal Kitchen special sauce. So, we had Kitchen special sauce. So, we had leftovers, surprisingly, and I had that leftovers, surprisingly, and I had that for lunch today. And then today, we're for lunch today. And then today, we're having the tilapia. So, protein-forward, having the tilapia. So, protein-forward, metabolically healthy, that's the point.

metabolically healthy, that's the point. >> Doing a video. >> Doing a video. So, everything's done, and instead of So, everything's done, and instead of rice, I'm going to have coleslaw. I rice, I'm going to have coleslaw. I usually make a citrus slaw, but again, I usually make a citrus slaw, but again, I didn't want to feel like doing that didn't want to feel like doing that tonight, so it's coleslaw from Jimbo's.

tonight, so it's coleslaw from Jimbo's. Um, and here's the finished product. Uh, Um, and here's the finished product.

Daily Meals Recap and Final Plate

Uh, the tilapia, I put bruschetta, some the tilapia, I put bruschetta, some coleslaw, and then a nice big salad. coleslaw, and then a nice big salad. >> Tell me a little bit more about the >> Tell me a little bit more about the salad.

salad. salad. >> There's olives, pepperoncinis, salami, >> There's olives, pepperoncinis, salami, garbanzo beans, and some cucumber, and a garbanzo beans, and some cucumber, and a little bit of parm.

little bit of parm.