



Arctic Char, Black Rice and Napa Cabbage En Papillote



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coconut oil (increases saturated fat by 7.2 grams)
- ☐ 1 pinch pepper red crushed
- ☐ 2 cloves garlic minced
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 2 tablespoons mirin

- ☐ 12 ounces napa cabbage thinly sliced
- ☐ 2 tablespoons roasted pistachios chopped
- ☐ 7 ounces forbidden rice black rinsed
- ☐ 4 fillet salmon wild skinless
- ☐ 1 serving salt
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 3 tablespoons miso yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

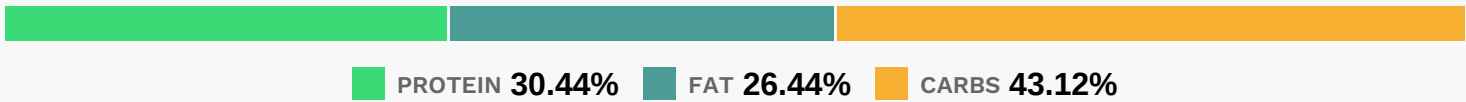
Directions

- ☐ Preheat the oven to 37
- ☐ In a medium bowl, whisk the miso with the vinegar, mirin and crushed red pepper. In a small saucepan, cover the rice with 1 1/3 cups water, add a pinch of salt and bring to a boil. Cover and cook over low heat until the rice is tender and the water is absorbed, about 20 minutes.
- ☐ Add the hot rice to the miso dressing and stir until combined.
- ☐ Meanwhile, heat the oil in a large skillet.
- ☐ Add the garlic and cook over moderate heat until softened, about 30 seconds.
- ☐ Add the cabbage, season with salt and cook until barely wilted, about 2 minutes. Scrape the cabbage into the rice and stir until well-mixed.
- ☐ Arrange 4 large sheets of foil on a work surface. Mound the rice mixture in the center of each foil sheet and top with the fish. In a small bowl, combine the honey, lime zest and juice and spoon over the fish. Season with salt. Bring up 2 opposite sides of the foil and fold to seal.

Fold up the edges to create a packet.

- Transfer the packets to a sturdy baking sheet and bake in the center of the oven for 12 minutes, until the fish is just cooked. Open the packets, sprinkle the fish with the pistachios and serve. make ahead The seasoned cooked black rice and cabbage can be refrigerated for up to 4 days. Bring to room temperature before assembling.

Nutrition Facts



Properties

Glycemic Index:390.46, Glycemic Load:118.52, Inflammation Score:-10, Nutrition Score:75.949130597322%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 2171.76kcal (108.59%), Fat: 63.04g (96.99%), Saturated Fat: 9.31g (58.16%), Carbohydrates: 231.37g (77.12%), Net Carbohydrates: 220.04g (80.01%), Sugar: 43.82g (48.69%), Cholesterol: 374mg (124.67%), Sodium: 2701.58mg (117.46%), Alcohol: 3.4g (100%), Alcohol %: 0.3% (100%), Protein: 163.33g (326.67%), Selenium: 286.23µg (408.89%), Vitamin B12: 21.66µg (361.08%), Vitamin B6: 7.13mg (356.47%), Vitamin B3: 58.78mg (293.89%), Phosphorus: 1858.5mg (185.85%), Manganese: 3.69mg (184.6%), Vitamin B2: 3.02mg (177.55%), Vitamin K: 161.48µg (153.79%), Vitamin B5: 14.03mg (140.32%), Copper: 2.71mg (135.52%), Potassium: 4710.24mg (134.58%), Vitamin B1: 2.01mg (134.15%), Vitamin C: 104.01mg (126.08%), Folate: 475.89µg (118.97%), Magnesium: 338.89mg (84.72%), Zinc: 9.11mg (60.71%), Iron: 10.24mg (56.89%), Calcium: 464.54mg (46.45%), Fiber: 11.33g (45.33%), Vitamin A: 1506.13IU (30.12%), Vitamin E: 3.39mg (22.61%)