



Baked fish with mint & mango relish

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g line-caught cod fillets skinless thick
- ☐ 1 small mangos diced ripe finely
- ☐ 1 tsp ground cumin
- ☐ 0.5 finger-length piece root ginger fresh grated
- ☐ 1 large handful mint leaves shredded
- ☐ 1 tbsp mango chutney
- ☐ 0.5 juice of lime
- ☐ 85 g bread white stale crustless

- ☐ 1 tsp garam masala
- ☐ 0.5 tsp turmeric
- ☐ 1 tbsp olive oil
- ☐ 1 out green finely chopped

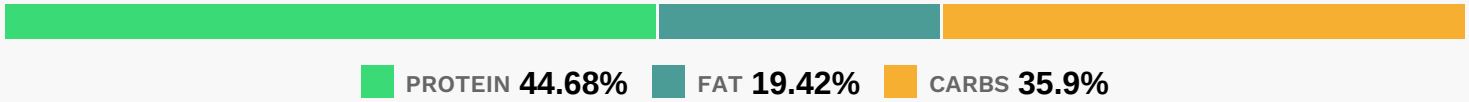
Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and put the fish fillets in a roasting tin.
- ☐ Combine the chopped chilli, mango, cumin, ginger, mint, mango chutney and lime juice. Spoon a quarter of the relish on top of each fillet and pat it down into an even layer with your fingers.
- ☐ Put the bread in a food processor with the garam masala and turmeric and whizz to fine crumbs.
- ☐ Add the olive oil and give the processor one final pulse to mix everything together.
- ☐ Spoon the crumbs over the relish-topped fillets. Cover the tin with foil and bake for 10 mins.
- ☐ Remove the foil and continue cooking for another 5 mins until the fish flakes easily and the crumbs have crisped on top.
- ☐ Serve with a green salad see recipe, below.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:16.791304360265%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 266.49kcal (13.32%), Fat: 5.69g (8.75%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 21.59g (7.85%), Sugar: 11.12g (12.36%), Cholesterol: 64.5mg (21.5%), Sodium: 223.8mg (9.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.87%), Selenium: 55.04µg (78.63%), Phosphorus: 341.49mg (34.15%), Vitamin C: 23.72mg (28.76%), Vitamin B6: 0.46mg (23.04%), Vitamin B12: 1.37µg (22.75%), Vitamin B3: 4.52mg (22.6%), Potassium: 764.78mg (21.85%), Vitamin B1: 0.24mg (16.17%), Magnesium: 62.95mg (15.74%), Folate: 58.66µg (14.66%), Vitamin E: 2.02mg (13.45%), Vitamin A: 670.85IU (13.42%), Manganese: 0.24mg (11.78%), Iron: 1.92mg (10.64%), Vitamin B2: 0.18mg (10.46%), Vitamin D: 1.35µg (9%), Calcium: 83.82mg (8.38%), Fiber: 2.06g (8.24%), Copper: 0.14mg (7.15%), Zinc: 0.96mg (6.43%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 4.56µg (4.34%)