



Basil & lemon chickpeas with mackerel



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil for drizzling
- ☐ 1 bunch spring onion sliced
- ☐ 1 large garlic clove crushed
- ☐ 1 lemon zest
- ☐ 800 g garbanzo beans drained and rinsed canned
- ☐ 150 ml vegetable stock
- ☐ 85 g tomatoes halved
- ☐ 4 fillet mackerel

☐ 1 large bunch basil

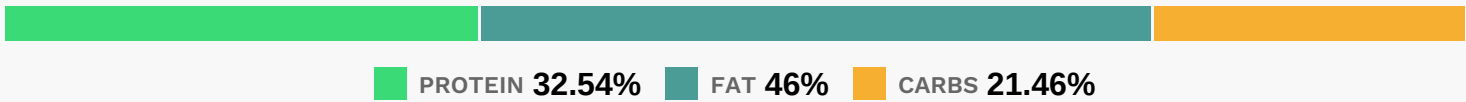
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat 2 tbsp oil in a large, shallow pan.
- ☐ Add the spring onions, garlic and lemon zest, then cook for 2 mins until the onions are tender but still very green.
- ☐ Add the chickpeas, then stir until well coated in the onion mixture. Lightly crush with a potato masher, then add the stock and tomatoes. Simmer for 3-4 mins or until the liquid is absorbed, then set aside to cool slightly.
- ☐ Meanwhile, heat the remaining oil in a large, non-stick frying pan over a medium heat. Season the mackerel fillets on both sides and fry for 3 mins each side, starting on the skin side. Youll probably need to cook these in two batches.
- ☐ Add the basil and a squeeze of lemon juice to the chickpeas, then season to taste. To serve, spoon the warm chickpeas onto serving plates, drizzle with a little extra olive oil and top with the mackerel fillets.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:7.94, Inflammation Score:-7, Nutrition Score:39.465652009715%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 547.31kcal (27.37%), Fat: 27.89g (42.9%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 19.85g (7.22%), Sugar: 1.09g (1.21%), Cholesterol: 79.9mg (26.63%), Sodium: 853.72mg (37.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.78%), Vitamin B12: 7.48µg (124.67%), Vitamin D: 15.47µg (103.13%), Selenium: 66.21µg (94.58%), Manganese: 1.73mg (86.54%), Vitamin B6: 1.54mg (77.13%), Vitamin B3: 14.59mg (72.96%), Vitamin B2: 0.76mg (44.59%), Phosphorus: 382.27mg (38.23%), Fiber: 9.42g (37.67%), Potassium: 1056.54mg (30.19%), Vitamin K: 28.9µg (27.53%), Magnesium: 106.83mg (26.71%), Iron: 4.73mg (26.25%), Copper: 0.49mg (24.65%), Vitamin E: 3.38mg (22.53%), Vitamin B1: 0.27mg (17.8%), Zinc: 2.61mg (17.38%), Folate: 62.01µg (15.5%), Vitamin C: 10.17mg (12.33%), Calcium: 122.56mg (12.26%), Vitamin B5: 1.17mg (11.72%), Vitamin A: 557.89IU (11.16%)