



Bombay Fish Steamed in Banana Leaves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cilantro sprigs fresh
- ☐ 0.5 teaspoon coarse salt to taste
- ☐ 0.5 cup mint leaves fresh
- ☐ 3 large garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 30 ounce haddock fillet with skin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 small to 2 serrano chiles fresh unsweetened

- ☐ 6 large swiss chard leaves fresh frozen thawed
- ☐ 0.3 cup water

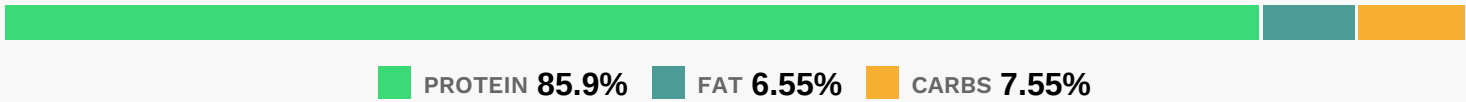
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Mince garlic and, wearing protective gloves, mince serranos. In a blender purée all sauce ingredients until smooth.
- ☐ If using banana leaves, cut away ribs and in a large bowl of hot water soften leaves 1 minute to help keep them from splitting.
- ☐ Cut six 8–inch squares from leaves. On a work surface arrange 1 leaf square and pat dry.
- ☐ Spread 1 teaspoon herb sauce down middle of square to equal length of a piece of fish and arrange piece, skin side down, on sauce.
- ☐ Spread 1 tablespoon sauce over piece. Fold top and bottom edges of leaf over piece and fold sides of leaf over piece, enclosing it. Arrange packet, seam sides down, in a bamboo steamer or on a large steamer rack. Make 5 more packets in same manner and arrange in steamer or on rack.
- ☐ Steam packets over boiling water, covered, until fish is just cooked through, about 8 minutes.
- ☐ Serve fish immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:11.978695548099%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.52mg, Luteolin:

0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 114.17kcal (5.71%), Fat: 0.8g (1.23%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 2.07g (0.69%), Net
Carbohydrates: 1.56g (0.57%), Sugar: 0.34g (0.38%), Cholesterol: 76.54mg (25.51%), Sodium: 499.61mg (21.72%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.08%), Selenium: 36.98µg (52.83%), Vitamin B12:
2.59µg (43.23%), Phosphorus: 330.96mg (33.1%), Vitamin B3: 4.91mg (24.55%), Vitamin B6: 0.44mg (21.84%),
Potassium: 466.17mg (13.32%), Magnesium: 35.99mg (9%), Vitamin A: 434.39IU (8.69%), Vitamin C: 6.79mg
(8.23%), Vitamin K: 8.57µg (8.16%), Folate: 25.28µg (6.32%), Vitamin B5: 0.62mg (6.23%), Vitamin B2: 0.1mg
(5.89%), Manganese: 0.11mg (5.54%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.71µg (4.72%), Iron: 0.74mg (4.13%),
Zinc: 0.55mg (3.67%), Calcium: 33.45mg (3.34%), Copper: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.75%), Fiber:
0.51g (2.03%)