



Cashew, chilli & lime-crusted fish



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 garlic clove finely grated
- ☐ 4 fillet fish fillet skinless white
- ☐ 5 tbsp juice of lime
- ☐ 100 g cashew pieces
- ☐ 4 pepper flakes red
- ☐ 6 garlic clove peeled
- ☐ 1 piece ginger fresh roughly chopped

- ☐ 1 tbsp ground cumin
- ☐ 2 tbsp vegetable oil

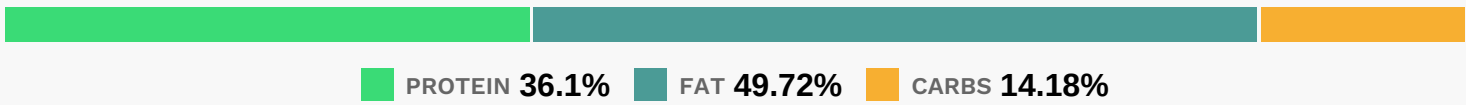
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rub the oil and garlic paste over the fish with 2 tbsp of the lime juice. Season, then marinate for 20–30 mins.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Whizz together the crust ingredients and the remaining lime juice to make a rough paste. Pat the fish fillets dry with some kitchen paper, then press a quarter of the crust onto each fillet. Lift onto an oiled baking tray, then roast for 12–15 mins until cooked through.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:3.73, Inflammation Score:–8, Nutrition Score:29.749565145244%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 429.15kcal (21.46%), Fat: 24.64g (37.9%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 13.93g (5.06%), Sugar: 4.3g (4.77%), Cholesterol: 85mg (28.33%), Sodium: 99.46mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.49%), Selenium: 77.11µg (110.16%), Vitamin C: 72.26mg (87.58%), Phosphorus: 475.34mg (47.53%), Vitamin B12: 2.69µg (44.77%), Copper: 0.77mg (38.6%), Vitamin B3: 7.61mg (38.03%), Manganese: 0.71mg (35.3%), Vitamin D: 5.27µg (35.13%), Magnesium: 138.3mg (34.58%), Vitamin K: 36.25µg (34.52%), Vitamin B6: 0.69mg (34.44%), Potassium: 900.37mg (25.72%), Iron: 4.2mg

(23.33%), Vitamin B1: 0.23mg (15.53%), Zinc: 2.28mg (15.18%), Folate: 59.78µg (14.94%), Vitamin E: 2.15mg (14.33%), Vitamin B5: 1.19mg (11.92%), Vitamin B2: 0.17mg (10.26%), Vitamin A: 457.3IU (9.15%), Fiber: 1.88g (7.51%), Calcium: 58.92mg (5.89%)