



Crisp spiced fish fingers



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g haddock
- ☐ 2 tsp cornstarch
- ☐ 2 tsp polenta
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 0.5 to 5 chillies red finely sliced
- ☐ 12 basil
- ☐ 3 tbsp soya sauce
- ☐ 0.5 lime wedges

☐ 100 g rice

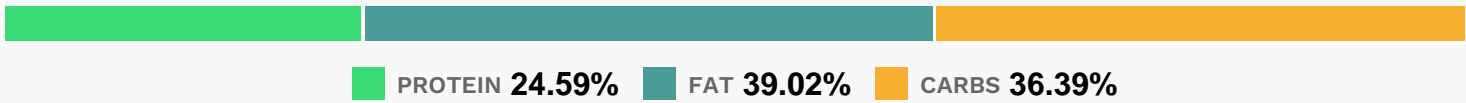
Equipment

- ☐ frying pan
- ☐ kitchen towels

Directions

- ☐ Cut the fish into pieces approximately 5 x 10cm. Pat dry with some kitchen towel.
- ☐ Mix the cornflour and polenta on a plate and season with salt and pepper.
- ☐ Add the haddock and turn to coat in the mixture.
- ☐ Heat 2 tbsp of the oil in a large frying pan and add the haddock fingers. Cook for 5–8 mins, turning occasionally.
- ☐ Remove from the pan and drain on kitchen paper. Keep warm.
- ☐ Wipe out the pan with kitchen towel. Return to the heat and add the remaining oil.
- ☐ Add the chilli and cook for 1 min, then remove from the heat and add the basil, soy and lime juice.
- ☐ Cook the rice for 10–12 mins, until tender.
- ☐ Drain well and serve with the haddock fingers, spicy sauce, lime wedges and a few basil leaves.

Nutrition Facts



Properties

Glycemic Index:125.09, Glycemic Load:24.75, Inflammation Score:-5, Nutrition Score:20.629999782728%

Flavonoids

Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 516.78kcal (25.84%), Fat: 22.13g (34.05%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 45.17g (16.43%), Sugar: 1.21g (1.35%), Cholesterol: 81mg (27%), Sodium: 1831.62mg (79.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.76%), Selenium: 47.09µg (67.28%), Vitamin E: 9.46mg (63.09%), Vitamin B12: 2.74µg (45.75%), Phosphorus: 441.81mg (44.18%), Manganese: 0.75mg (37.37%), Vitamin B3: 7.11mg (35.53%), Vitamin B6: 0.62mg (31.15%), Vitamin C: 17.91mg (21.71%), Potassium: 594.43mg (16.98%), Magnesium: 59.79mg (14.95%), Vitamin B5: 1.26mg (12.6%), Vitamin K: 12.9µg (12.29%), Copper: 0.21mg (10.36%), Vitamin B2: 0.16mg (9.66%), Iron: 1.55mg (8.59%), Zinc: 1.2mg (8.03%), Folate: 31.54µg (7.88%), Vitamin A: 325.73IU (6.51%), Vitamin B1: 0.09mg (6.25%), Vitamin D: 0.75µg (5%), Fiber: 1.25g (5%), Calcium: 43.29mg (4.33%)