



Curry coconut fish parcels



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large tilapia
- ☐ 2 tsp curry paste red yellow
- ☐ 2 tsp coconut flakes
- ☐ 1 lime zest
- ☐ 1 tsp soya sauce
- ☐ 140 g rice
- ☐ 2 tbsp chilli sauce sweet
- ☐ 1 to 5 chillies red sliced

☐ 200 g broccoli cooked

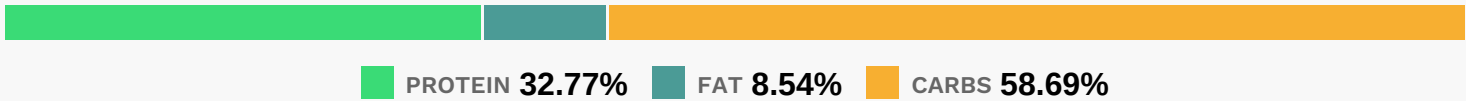
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tear off 4 large pieces of foil, double them up, then place a fish fillet in the middle of each.
- ☐ Spread over the curry paste. Divide the coconut, lime zest and juice, and soy between each fillet. Bring up the sides of the foil, then scrunch the edges and sides together to make 2 sealed parcels.
- ☐ Put the parcels on a baking tray and bake for 10–15 mins. Tip the rice into a pan with plenty of water, and boil for 12–15 mins or until cooked.
- ☐ Drain well.
- ☐ Serve the fish on the rice, drizzle over the chilli sauce and scatter with sliced chilli.
- ☐ Serve with broccoli and lime wedges.

Nutrition Facts



Properties

Glycemic Index:92.59, Glycemic Load:36.57, Inflammation Score:-9, Nutrition Score:35.739130683567%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 520.92kcal (26.05%), Fat: 5g (7.7%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 77.35g (25.78%), Net Carbohydrates: 72.09g (26.22%), Sugar: 12.15g (13.5%), Cholesterol: 85mg (28.33%), Sodium: 465.64mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.2g (86.39%), Vitamin C: 131.72mg (159.66%), Selenium: 84.59µg (120.84%), Vitamin K: 107.8µg (102.67%), Manganese: 1.12mg (56.08%), Phosphorus: 457.17mg (45.72%), Vitamin B12: 2.69µg (44.77%), Vitamin B3: 8.87mg (44.33%), Vitamin D: 5.27µg (35.13%), Vitamin B6: 0.7mg (35.12%), Vitamin A: 1641.45IU (32.83%), Folate: 117.89µg (29.47%), Potassium: 1028.31mg (29.38%), Magnesium: 93.68mg (23.42%), Vitamin B5: 2.25mg (22.48%), Fiber: 5.26g (21.04%), Copper: 0.39mg (19.67%), Vitamin B2: 0.29mg (17.06%), Iron: 2.91mg (16.16%), Vitamin B1: 0.22mg (14.55%), Zinc: 1.86mg (12.42%), Vitamin E: 1.77mg (11.8%), Calcium: 105.67mg (10.57%)