

eipi

Fish and Vegetable B'stillas

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings available in the asian foods section of some supermarkets and at asian markets
- 6 servings butter melted
- 6 servings chili paste depending on your taste pref red
- 1 pound filets black with skin
- 0.3 cup cilantro leaves fresh chopped
- 2 large garlic clove unpeeled
- 1 bell pepper green chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground ginger

- 1 teaspoon pepper black
- 1 tablespoon harissa
- 2 teaspoons paprika sweet
- 6 servings juice of lemon for several weeks; available at specialty foods stores and middle eastern markets, and from igourmet.com.
- 5 tablespoons olive oil divided
- 0.3 cup parsley fresh italian chopped
- 12 sheets dough frozen thawed ()
- 1 simple preserved lemons chopped
- 1 bell pepper red chopped
- 1 vermicelli (maifun; half of 6- to 7-ounce package)
- 2 tablespoons tomato paste
- 0.1 teaspoon turmeric

Equipment

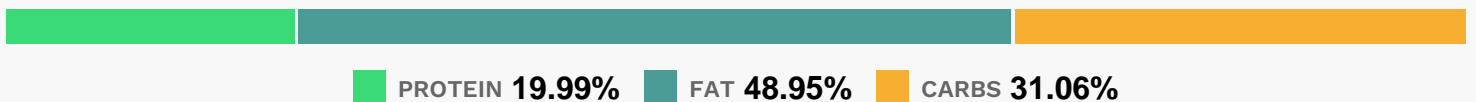
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Add enough water to large deep skillet to reach depth of 1 1/2 inches.
- Add unpeeled garlic cloves and bring water to simmer.
- Sprinkle fish with salt; add to skillet. Poach fish gently until just opaque in center, about 10 minutes.
- Transfer fish to plate; cool. Flake fish coarsely; discard skin. Peel and mince cooked garlic.
- Heat 2 tablespoons oil in large skillet over medium-high heat.
- Add bell peppers and saut until beginning to soften, about 4 minutes.

- Add preserved lemon peel, tomato paste, paprika, ginger, cumin, black pepper, turmeric, and minced garlic. Saut 5 minutes to blend flavors.
- Remove from heat; mix in cilantro, parsley, harissa, and remaining 3 tablespoons oil. Cool mixture. Gently stir in flaked fish.
- Cook rice noodles in large saucepan of boiling salted water until just tender, stirring occasionally, about 5 minutes.
- Drain; rinse under cold water to chill quickly.
- Cut noodles into 1-inch pieces. Stir noodles into fish mixture and season filling to taste with salt.
- Line 2 large rimmed baking sheets with parchment paper.
- Place 8-inch plate on work surface.
- Place 1 phyllo sheet over plate, centering plate underneath. Fold another phyllo sheet in half, brush with butter, then fold in half again and place in center of phyllo over plate. Mound 1 cup fish filling on folded phyllo; shape filling into 5-inch-diameter round. Fold 1 corner of phyllo sheet over filling. Continue to lift and fold edges of phyllo sheet over filling at 6-inch intervals, brushing each fold with melted butter and covering filling completely. Turn b'stilla onto parchment-lined baking sheet, seam side down.
- Brush all over with more butter.
- Repeat with remaining phyllo and filling, making 6 b'stillas total. DO AHEAD: Can be made 6 hours ahead. Refrigerate.
- Preheat oven to 400F.
- Bake b'stillas until heated and pastry is golden brown, reversing sheets after 12 minutes, 18 to 20 minutes.
- Transfer to platter.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:8.3, Inflammation Score:-9, Nutrition Score:19.469130329464%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 346.17kcal (17.31%), Fat: 18.99g (29.21%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 24.63g (8.96%), Sugar: 2.98g (3.31%), Cholesterol: 43.26mg (14.42%), Sodium: 338.6mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.89%), Vitamin C: 53.62mg (64.99%), Vitamin K: 55.8µg (53.14%), Selenium: 34.93µg (49.9%), Vitamin A: 1596.08IU (31.92%), Manganese: 0.58mg (29.2%), Vitamin E: 3.26mg (21.71%), Phosphorus: 211.06mg (21.11%), Vitamin B1: 0.31mg (20.55%), Vitamin B3: 3.86mg (19.3%), Vitamin B6: 0.36mg (18.13%), Potassium: 565.6mg (16.16%), Iron: 2.88mg (16.02%), Folate: 59.04µg (14.76%), Vitamin B2: 0.23mg (13.73%), Vitamin B12: 0.7µg (11.61%), Magnesium: 45.55mg (11.39%), Fiber: 2.47g (9.87%), Copper: 0.13mg (6.51%), Zinc: 0.79mg (5.28%), Vitamin D: 0.68µg (4.54%), Calcium: 40.52mg (4.05%), Vitamin B5: 0.39mg (3.92%)