



Fish dogs with lemony fennel slaw

READY IN



40 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 hot dog rolls soft
- ☐ 900 g fish fillets skinless white good firm cut into long thin fillets (halibut, gurnard, bream or MSC-approved cod are all)
- ☐ 6 tbsp flour plain
- ☐ 0.5 tsp paprika
- ☐ 6 servings little vegetable oil
- ☐ 1 large fennel bulb
- ☐ 1 lemon zest
- ☐ 2 tbsp salad cream light

- ☐ 100 g natural yogurt
- ☐ 2 carrots grated cut into matchsticks or very coarsely
- ☐ 1 handful flatleaf parsley roughly chopped
- ☐ 1 simple preserved lemons (with the moroccan ingredients), halved, seeds from the middle scooped out and discarded, and rind finely chopped

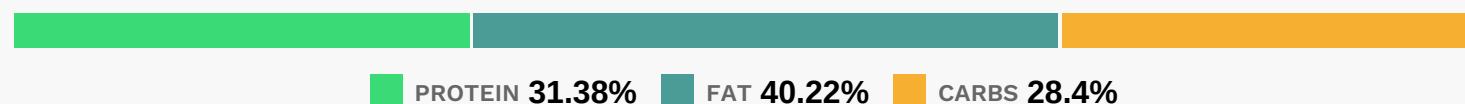
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ For the slaw, pick the leafy fronds from the fennel and set aside. Discard any grubby outer layers, quarter the bulb and then slice as finely as you can.
- ☐ Mix with the lemon juice and leave to marinate for 1 hr, stirring every now and then.
- ☐ Drain the fennel.
- ☐ Mix the salad cream and yogurt in a big bowl, then add the fennel, remaining slaw ingredients, the fennel fronds (chopped) and some pepper, then mix well.
- ☐ When ready to serve, split the rolls and warm in a low oven. For the fish, mix the flour with the paprika and some salt on a plate. Dip in the fish fillets and coat well.
- ☐ Heat a splash of oil in a frying pan (non-stick if you have), and fry the fish for a couple of mins on each side until cooked through and it flakes. Divide the fish between the rolls with the slaw and eat straight away. Any leftover slaw will be good for 2-3 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:49.14, Glycemic Load:18.41, Inflammation Score:-10, Nutrition Score:27.596956418908%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 462.53kcal (23.13%), Fat: 20.79g (31.99%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.09g (10.94%), Sugar: 6.61g (7.34%), Cholesterol: 82.82mg (27.61%), Sodium: 331.99mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.5g (73.01%), Selenium: 77.63µg (110.9%), Vitamin A: 3690.64IU (73.81%), Vitamin K: 68.37µg (65.11%), Vitamin B3: 8.57mg (42.85%), Vitamin B12: 2.52µg (42.08%), Phosphorus: 352.48mg (35.25%), Vitamin D: 4.75µg (31.64%), Folate: 106.67µg (26.67%), Vitamin B1: 0.38mg (25.07%), Manganese: 0.45mg (22.5%), Potassium: 779.65mg (22.28%), Vitamin B2: 0.32mg (18.76%), Iron: 3.1mg (17.21%), Vitamin B6: 0.33mg (16.65%), Magnesium: 64.17mg (16.04%), Vitamin E: 2.34mg (15.63%), Calcium: 129.31mg (12.93%), Fiber: 2.95g (11.79%), Vitamin C: 8.72mg (10.57%), Copper: 0.21mg (10.49%), Vitamin B5: 1mg (9.98%), Zinc: 1.11mg (7.42%)