



Fish in Coconut Curry (Mtuzi wa Samaki)

 Gluten Free  Dairy Free

READY IN



47 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon canola oil
- 1.5 teaspoons curry powder divided
- 2 teaspoons ginger fresh minced peeled
- 3 garlic cloves minced
- 1.3 pound halibut skinless white firm
- 2 tablespoons juice of lemon fresh
- 4 lemon wedges

- 0.8 cup lite coconut milk light
- 1 cup onion finely chopped
- 1 cup red bell pepper red finely chopped
- 0.8 teaspoon salt divided
- 2.8 cups tomatoes chopped (2 large)

Equipment

- bowl
- frying pan
- wooden spoon

Directions

- Sprinkle fish with $\frac{3}{4}$ teaspoon curry powder, $\frac{3}{8}$ teaspoon salt, and $\frac{1}{8}$ teaspoon black pepper.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add fish; cook 4 minutes or until deeply browned on bottom but undercooked on top (fish will finish cooking later in sauce).
- Remove fish from pan.
- Add onion and bell pepper to pan; saut 4 minutes or until tender.
- Add ginger and garlic; saut 1 minute.
- Add remaining $\frac{3}{4}$ teaspoon curry powder, remaining $\frac{3}{8}$ teaspoon salt, remaining $\frac{1}{8}$ teaspoon black pepper, tomato, and lemon juice. Reduce heat to medium-low, and cook 10 minutes or until tomato breaks down, stirring occasionally. Mash tomato with a wooden spoon.
- Stir in coconut milk. Return fish along with accumulated juices to pan, browned side up. Reduce heat to low; cover and cook 8 minutes or until fish flakes easily when tested with a fork.
- Cut fish into 4 equal portions. Spoon sauce into individual, shallow bowls; top each with a piece of fish.
- Serve with lemon wedges and chopped fresh cilantro, if desired.

Nutrition Facts

PROTEIN 45.78% FAT 30.42% CARBS 23.8%

Properties

Glycemic Index:63.63, Glycemic Load:2.9, Inflammation Score:0, Nutrition Score:26.825217164081%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 249.08kcal (12.45%), Fat: 8.44g (12.98%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 11.28g (4.1%), Sugar: 6.65g (7.39%), Cholesterol: 69.46mg (23.15%), Sodium: 573.24mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Vitamin C: 77.95mg (94.49%), Selenium: 65.42µg (93.45%), Vitamin B6: 1.07mg (53.57%), Vitamin B3: 10.32mg (51.61%), Vitamin D: 6.66µg (44.41%), Vitamin A: 2128.06IU (42.56%), Phosphorus: 390.47mg (39.05%), Potassium: 1055.44mg (30.16%), Vitamin B12: 1.56µg (25.99%), Vitamin E: 2.84mg (18.9%), Manganese: 0.32mg (16.06%), Folate: 61.94µg (15.49%), Magnesium: 57.35mg (14.34%), Fiber: 3.57g (14.26%), Vitamin K: 13.57µg (12.92%), Vitamin B1: 0.16mg (10.87%), Vitamin B5: 0.81mg (8.06%), Copper: 0.14mg (7%), Vitamin B2: 0.11mg (6.72%), Iron: 1.14mg (6.35%), Zinc: 0.92mg (6.15%), Calcium: 45.74mg (4.57%)