



Fish o'leekie



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leek finely sliced
- ☐ 500 ml vegetable stock
- ☐ 300 g rice
- ☐ 500 g haddock fillet cut into large chunks
- ☐ 1 handful parsley roughly chopped
- ☐ 1 lemon zest finely grated

Equipment

- ☐ knife

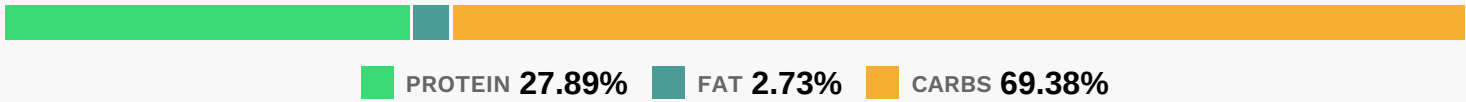
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microwave

Directions

- ☐ Put the leek in a large microwave dish with 4 tbsp of the stock. Cover the dish with cling film, pierce the film with a knife, then microwave on High for 5 mins.
- ☐ Uncover the dish, then stir the rice and remaining stock into the leek. Re-cover with cling film, pierce and microwave on High for another 10 mins, stirring halfway through until the rice is very nearly cooked.
- ☐ Gently stir in the fish chunks, cover the dish with cling film again, then pierce and cook for a further 5 mins until the fish flakes easily and the rice is tender. Stir in the parsley, lemon zest and juice. Leave to stand for 2 mins before serving.

Nutrition Facts



Properties

Glycemic Index:49.3, Glycemic Load:37.7, Inflammation Score:-6, Nutrition Score:17.352173618648%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 387.1kcal (19.35%), Fat: 1.14g (1.75%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 65.01g (21.67%), Net Carbohydrates: 63.45g (23.07%), Sugar: 2.08g (2.32%), Cholesterol: 67.5mg (22.5%), Sodium: 771.74mg (33.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.13g (52.27%), Selenium: 43.93µg (62.76%), Manganese: 0.94mg (46.92%), Vitamin B12: 2.29µg (38.12%), Phosphorus: 378.55mg (37.85%), Vitamin B3: 5.51mg (27.56%), Vitamin B6: 0.53mg (26.48%), Vitamin K: 27.06µg (25.77%), Vitamin A: 791.61IU (15.83%), Potassium: 491.74mg (14.05%), Vitamin B5: 1.3mg (13.04%), Magnesium: 51.96mg (12.99%), Copper: 0.22mg (11.04%), Folate: 36.96µg (9.24%), Zinc: 1.26mg (8.39%), Iron: 1.35mg (7.52%), Vitamin C: 5.93mg (7.19%), Vitamin B2: 0.12mg (6.87%), Fiber: 1.57g (6.27%), Vitamin B1: 0.09mg (6.17%), Vitamin E: 0.86mg (5.74%), Calcium: 51.27mg (5.13%), Vitamin D: 0.63µg (4.17%)