



Fish parcels with romesco sauce & veg

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet fish fillet white firm (we used cod)
- ☐ 4 slices optional: lemon
- ☐ 2 thyme sprigs
- ☐ 2 tbsp olive oil
- ☐ 0.5 cauliflower cut into wedges
- ☐ 10 spring onion ends trimmed
- ☐ 1 slice sourdough bread
- ☐ 1 chilli red hot deseeded (if you don't like it too)

- ☐ 2 garlic cloves sliced
- ☐ 10 blanched almonds and
- ☐ 2 ready-roasted peppers red
- ☐ 1 tomatoes peeled (see tip, below)
- ☐ 0.5 tsp sherry vinegar

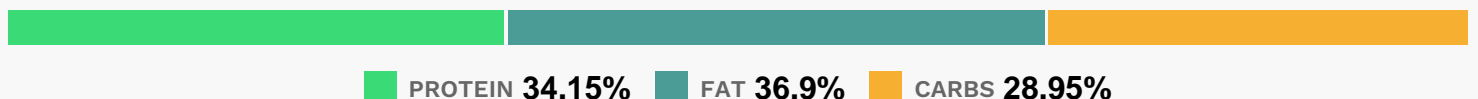
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put each fish fillet on a large piece of baking parchment and top each with a few slices of lemon and a sprig of thyme.
- ☐ Drizzle with 1 tsp of the oil and season. Fold over the top edges of each piece of parchment to make a seal, then scrunch up the ends like a sweet wrapper.
- ☐ Put the parcels on a baking sheet and bake in oven for 15 mins.
- ☐ Meanwhile, steam the cauliflower for 4 mins, then add the spring onions for 3 mins more or until tender. Pat dry, then toss the veg in 2 tsp olive oil and season. In a large frying pan, toast the bread pieces in the remaining oil, then add the chilli and garlic, and cook for 1 min. Tip into a food processor with the nuts, peppers, tomato and vinegar, and pulse until you have a rough paste. Season and put to one side.
- ☐ Wipe then heat the frying pan.
- ☐ Add the cauliflower wedges and spring onions, and cook for a few mins each side to brown.
- ☐ Serve alongside the fish and sauce.

Nutrition Facts



Properties

Glycemic Index:164, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:41.391739306243%

Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 495.14kcal (24.76%), Fat: 21.21g (32.64%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 29.7g (10.8%), Sugar: 9.04g (10.05%), Cholesterol: 85mg (28.33%), Sodium: 847.6mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.18g (88.36%), Vitamin C: 148.49mg (179.99%), Vitamin K: 165.57µg (157.69%), Selenium: 82.3µg (117.57%), Folate: 225.35µg (56.34%), Vitamin B3: 10.3mg (51.49%), Phosphorus: 471.92mg (47.19%), Vitamin B6: 0.9mg (44.86%), Vitamin B12: 2.69µg (44.77%), Manganese: 0.88mg (44.23%), Potassium: 1489.49mg (42.56%), Vitamin D: 5.27µg (35.13%), Vitamin E: 4.91mg (32.71%), Vitamin B1: 0.47mg (31.44%), Vitamin A: 1568.3IU (31.37%), Fiber: 7.75g (30.99%), Magnesium: 122.63mg (30.66%), Iron: 4.95mg (27.48%), Vitamin B2: 0.47mg (27.44%), Copper: 0.47mg (23.33%), Vitamin B5: 2.12mg (21.17%), Calcium: 158.07mg (15.81%), Zinc: 1.96mg (13.04%)