



Fish with chilli, mango & lime salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 mackerel whole cleaned (ask your fishmonger to do this)
- ☐ 2 tbsp cajun spice (we used Schwartz)
- ☐ 1 lime zest
- ☐ 1 tbsp oil
- ☐ 1 mangos diced ripe peeled
- ☐ 1 chilli red deseeded finely chopped
- ☐ 1 avocado diced ripe peeled
- ☐ 2 spring onion sliced

- ☐ 1 small bunch coriander chopped
- ☐ 200 g green bean
- ☐ 4 servings rice

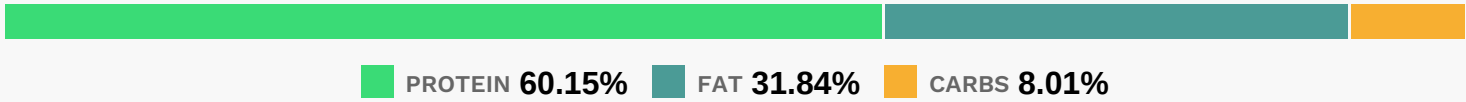
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Make 3–4 slashes on each side of the fish. Rub in the seasoning, lime zest and oil, making sure you get it right into the slashes and the cavity.
- ☐ Place on a baking tray lined with foil and bake for 12–15 mins or until just cooked through.
- ☐ Turn the grill to high and cook for 2–3 mins more to char the skin. Cover and rest for a few mins.
- ☐ For the salsa, mix the mango, chilli, avocado, spring onions, coriander and lime juice, and season. Bring a small pan of water to the boil, add the beans and cook for 4 mins, then drain.
- ☐ Serve the fish with rice, beans and salsa.

Nutrition Facts



Properties

Glycemic Index:88.73, Glycemic Load:6.4, Inflammation Score:-9, Nutrition Score:17.590434701546%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 1083.03kcal (54.15%), Fat: 37.84g (58.22%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 13.84g (5.03%), Sugar: 10.44g (11.6%), Cholesterol: 0mg (0%), Sodium: 912.62mg (39.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 160.88g (321.75%), Vitamin C: 52.7mg (63.88%), Vitamin A: 2963.19IU (59.26%), Vitamin K: 59.75µg (56.9%), Fiber: 7.59g (30.38%), Vitamin E: 3.51mg (23.41%), Folate: 90.21µg (22.55%), Vitamin B6: 0.41mg (20.32%), Potassium: 595.11mg (17%), Manganese: 0.32mg (15.87%), Copper: 0.25mg (12.44%), Vitamin B2: 0.2mg (11.79%), Magnesium: 43.86mg (10.97%), Vitamin B3: 2.17mg (10.86%), Vitamin B5: 1.08mg (10.83%), Iron: 1.94mg (10.79%), Vitamin B1: 0.12mg (7.92%), Phosphorus: 75.23mg (7.52%), Calcium: 51.05mg (5.11%), Zinc: 0.73mg (4.85%), Selenium: 1.35µg (1.93%)