



Fish with spiced lentils



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lime cut into quarters
- ☐ 3 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 1 tbsp curry powder crushed (we used Schwartz Spicy Bombay medium curry spices)
- ☐ 1 tbsp tomato purée
- ☐ 400 g brown lentils green rinsed drained canned
- ☐ 2 tbsp mango chutney
- ☐ 560 g fish fillets white

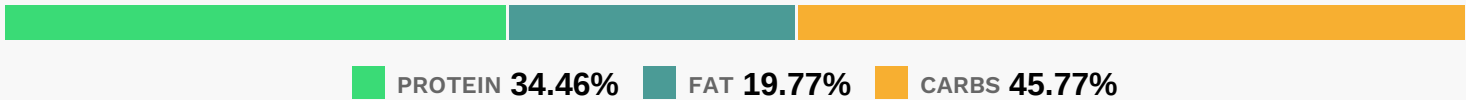
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Finely chop one of the lime quarters, including skin.
- ☐ Heat 2 tbsp oil in a medium saucepan then fry onions over a medium heat for 5 mins until softened and starting to colour.
- ☐ Add the curry powder and tomato pure then fry for another min. Tip in 200ml water, lentils, mango chutney and the chopped lime then bring to the boil. Simmer for 5 mins or until thickened.
- ☐ Heat remaining oil in a frying pan. Season the fish with salt and pepper to taste then fry for 5 mins, turning halfway, until golden and cooked through.
- ☐ Add a squeeze of lime to the pan and to the lentils then serve together with naan bread or chapatis on the side.

Nutrition Facts



Properties

Glycemic Index:35.9, Glycemic Load:12.01, Inflammation Score:-9, Nutrition Score:42.444347573363%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 628.03kcal (31.4%), Fat: 13.93g (21.44%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 72.57g (24.19%), Net Carbohydrates: 40.43g (14.7%), Sugar: 8.57g (9.52%), Cholesterol: 70mg (23.33%), Sodium: 85.37mg (3.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.63g (109.27%), Folate: 523.13µg (130.78%), Fiber: 32.15g (128.58%), Selenium: 67.52µg (96.46%), Manganese: 1.5mg (74.85%), Phosphorus: 708.99mg (70.9%), Vitamin B1: 0.95mg (63.64%), Iron: 9.07mg (50.39%), Potassium: 1484.6mg (42.42%), Magnesium: 168.88mg (42.22%), Vitamin B6: 0.83mg (41.61%), Vitamin B3: 8.25mg (41.26%), Vitamin B12: 2.21µg (36.87%), Zinc: 5.39mg (35.94%), Copper: 0.68mg (34%), Vitamin B5: 2.91mg (29.12%), Vitamin D: 4.34µg (28.93%), Vitamin K: 27.64µg (26.32%), Vitamin B2: 0.33mg (19.13%), Vitamin E: 2.36mg (15.76%), Vitamin C: 12.79mg (15.51%), Calcium: 92.1mg (9.21%), Vitamin A: 83.85IU (1.68%)