



Fresh Fish! Salt and Pepper Semi-Cured Hamachi Sashimi

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings ground aleppo pepper
- 4 servings beets dark green
- 4 servings sushi-grade yellowtail flounder (hamachi)
- 4 servings peppercorns green
- 4 servings peppercorns
- 4 servings peppercorns
- 1 square salt

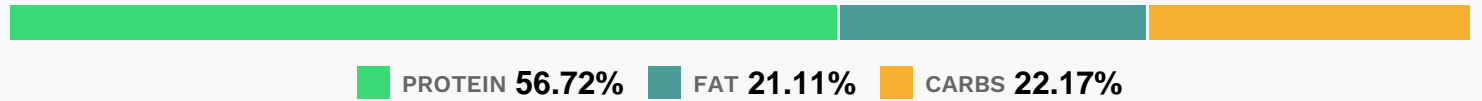
Equipment

- frying pan
- knife
- meat tenderizer

Directions

- Chill the salt block in the refrigerator for at least 2 hours.
- Cut the yellowtail into 1/2-inch-thick slices.
- Place the fish slices on the chilled salt block and refrigerate for 10 minutes. Then flip the pieces of fish so the other side comes in contact with the salt and refrigerate for another 5 minutes. While the fish is curing, smash the Tellicherry, green, and Szechuan peppercorns with the flat side of a large knife, a meat pounder, or the bottom of a heavy skillet.
- Mix the peppercorns together with the Aleppo pepper. To serve, scatter the pepper and scallions over the fish, and serve on the salt block with the lime slices

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:15.902608622675%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 159.3kcal (7.96%), Fat: 3.75g (5.77%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4.75g (5.28%), Cholesterol: 76.5mg (25.5%), Sodium: 346.23mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Selenium: 46.2µg (66%), Phosphorus: 464.76mg (46.48%), Vitamin B12: 1.92µg (32.02%), Vitamin D: 4.76µg (31.73%), Manganese: 0.54mg (26.84%), Folate: 83.52µg (20.88%), Potassium: 558.6mg (15.96%), Vitamin A: 682.48IU (13.65%), Magnesium: 52.64mg (13.16%), Vitamin B6: 0.26mg (12.99%), Vitamin E: 1.88mg (12.55%), Fiber: 3.11g (12.42%), Vitamin B3: 2.25mg (11.25%), Iron: 1.39mg (7.73%), Copper: 0.13mg (6.5%), Calcium: 62.1mg (6.21%), Zinc: 0.89mg (5.95%), Vitamin K: 5.69µg (5.42%), Vitamin B2: 0.08mg (4.92%), Vitamin B5: 0.47mg (4.66%), Vitamin B1: 0.07mg (4.38%), Vitamin C:

3.35mg (4.06%)