



## Fried fish & tomato curry

 Dairy Free

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**574 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 2 onions thinly sliced
- ☐ 8 large vine tomatoes roughly chopped
- ☐ 4 garlic cloves
- ☐ 1 piece thumb-sized ginger roughly chopped
- ☐ 3 tbsp madras curry paste
- ☐ 165 ml coconut milk canned
- ☐ 1 large handful coriander finely chopped

- ☐ 500 g pollock fillets
- ☐ 6 tbsp flour plain
- ☐ 4 servings rice

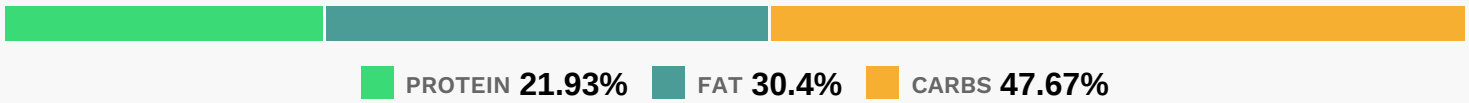
## Equipment

- ☐ food processor
- ☐ frying pan

## Directions

- ☐ Heat 2 tsp oil in a pan. Tip in the onions and a pinch of salt. Cook for about 8 mins until soft and golden.
- ☐ Meanwhile, blitz the tomatoes, garlic and ginger in a food processor to a smooth pure.
- ☐ Add the curry paste to the onions and fry for 3 mins more. Stir in the tomato mix and simmer for 10 mins until thickened.
- ☐ Add the coconut milk and chopped coriander. Simmer again to thicken.
- ☐ Dust the fish fillets in some seasoned flour.
- ☐ Heat the remaining oil in a non-stick frying pan. Cook the fillets, in batches, over a high heat for 1 min or so on each side, until they begin to brown. Carefully place fish in the tomato mixture and simmer until just cooked through. Scatter over coriander sprigs and serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:69.55, Glycemic Load:33.53, Inflammation Score:-10, Nutrition Score:34.553478158039%

## Flavonoids

Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg

0.54mg, Myricetin: 0.54mg Quercetin: 13.86mg, Quercetin: 13.86mg, Quercetin: 13.86mg, Quercetin: 13.86mg

Nutrients (% of daily need)

Calories: 574.26kcal (28.71%), Fat: 19.65g (30.23%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 69.32g (23.11%), Net Carbohydrates: 61.65g (22.42%), Sugar: 14.26g (15.84%), Cholesterol: 53.75mg (17.92%), Sodium: 98.1mg (4.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.77%), Vitamin A: 4922.85IU (98.46%), Selenium: 55.45µg (79.22%), Manganese: 1.52mg (76.18%), Vitamin C: 58.6mg (71.03%), Potassium: 1658.72mg (47.39%), Phosphorus: 469.62mg (46.96%), Vitamin K: 44.88µg (42.74%), Vitamin B6: 0.8mg (39.96%), Vitamin B3: 6.57mg (32.84%), Fiber: 7.67g (30.67%), Magnesium: 116.76mg (29.19%), Folate: 105.67µg (26.42%), Vitamin B1: 0.39mg (26.23%), Copper: 0.52mg (25.75%), Vitamin E: 3.48mg (23.23%), Iron: 3.52mg (19.56%), Vitamin B12: 1.14µg (18.96%), Vitamin B2: 0.25mg (14.64%), Zinc: 2.18mg (14.54%), Vitamin B5: 1.2mg (12.02%), Calcium: 112.44mg (11.24%), Vitamin D: 1.13µg (7.5%)