



Fried Trout with Sweet Pork and Green Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 thai chile stemmed
- ☐ 10 cilantro leaves fresh
- ☐ 0.3 cup fish sauce (such as nam pla or nuoc nam)
- ☐ 2 cups cilantro leaves fresh loosely packed ()
- ☐ 0.8 inch ginger fresh peeled
- ☐ 1 piece ginger fresh peeled cut into matchstick-size strips
- ☐ 0.5 cup mint leaves fresh loosely packed ()

- ☐ 1 garlic clove peeled
- ☐ 3 garlic clove halved
- ☐ 1 mango green peeled thin (under-ripe)
- ☐ 2 kaffir lime leaves very thinly sliced
- ☐ 0.7 cup juice of lime fresh
- ☐ 3.5 tablespoons coconut sugar
- ☐ 10.3 inch pork shoulder boneless (Boston butt; 10 ounces)
- ☐ 1 large jalapeno red seeded cut into matchstick-size strips
- ☐ 6 large shallots peeled cut into thin rounds
- ☐ 2 trout whole with head and tail intact, if desired (each)
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup water divided
- ☐ 6 peppercorns cracked white
- ☐ 1 star anise whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

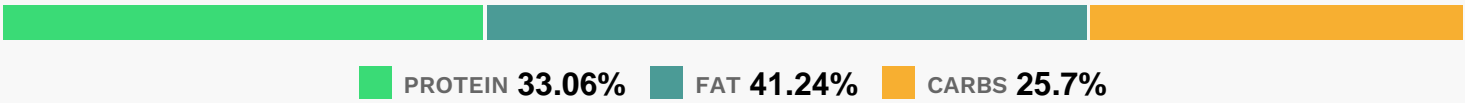
Directions

- ☐ Heat 1/2 cup vegetable oil in small saucepan over high heat.
- ☐ Add shallots and cook until golden brown and crisp, about 10 minutes. Using slotted spoon, transfer fried shallots to paper towels to drain.
- ☐ Grind peppercorns and star anise to powder in spice grinder.

- ☐ Transfer ground spices to mini processor.
- ☐ Add cilantro stems, garlic, and ginger; grind to paste. Set spice paste aside.
- ☐ Place pork in medium bowl.
- ☐ Place bowl on steamer rack in pot. Cover pot and steam pork over high heat until tender, about 20 minutes. Cool; cut into 1/2-inch pieces.
- ☐ Heat remaining 1/4 cup oil in heavy large skillet over medium heat.
- ☐ Add steamed pork and sauté until crisp, about 10 minutes. Using slotted spoon, transfer pork to clean bowl.
- ☐ Pour off all but 2 tablespoons fat from skillet and add spice paste. Cook over medium-high heat until beginning to brown and crisp, about 2 minutes.
- ☐ Mix in palm sugar, then 1/3 cup water and fish sauce. Stir until palm sugar melts and caramelizes, about 5 minutes.
- ☐ Add remaining 1/3 cup water and boil until sauce thickens and coats spoon, stirring occasionally, about 5 minutes.
- ☐ Mix in pork. do ahead Can be made 1 day ahead. Cover and refrigerate pork. Cover shallots and store at room temperature.
- ☐ Add shallots to pork and warm over medium heat before using.
- ☐ Blend lime juice, cilantro stems, fish sauce, palm sugar, bird chiles, and garlic in blender until smooth. Season dressing to taste with salt. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- ☐ Combine mango, herbs, jalapeño chile, lime leaves, and ginger in medium bowl. Toss with enough dressing to coat.
- ☐ Heat 1 1/2 tablespoons oil in each of 2 large skillets over high heat. Open trout like book.
- ☐ Sprinkle each with salt and pepper.
- ☐ Add 1 to each skillet, skin side up. Cook until browned and cooked through, 2 to 3 minutes per side.
- ☐ Transfer trout to platter, skin side down. Spoon warm pork and shallot mixture over each; top each with half of salad.
- ☐ This recipe calls for green mango, which is an under-ripe mango, rather than a specific variety. When shopping for green mangoes, choose fruit that is firm to the touch.
- ☐ With this menu, try a bottle of Riesling. We particularly like the Smith-Madrone 2007 Riesling from Napa Valley (\$25). The mango, pineapple, and citrus flavors of the wine are the perfect

complement to this meal. While you're at the market, look for a Thai beer like Singha, which is produced by Thailand's first and largest brewery.

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:5.38, Inflammation Score:-7, Nutrition Score:20.950869601706%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 238.14kcal (11.91%), Fat: 11.07g (17.04%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.89g (5.05%), Sugar: 9.42g (10.47%), Cholesterol: 51.27mg (17.09%), Sodium: 633.77mg (27.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.95%), Vitamin B12: 6.68µg (111.41%), Manganese: 0.92mg (45.79%), Vitamin C: 25mg (30.3%), Vitamin K: 31.35µg (29.86%), Phosphorus: 243.73mg (24.37%), Vitamin B1: 0.36mg (23.7%), Vitamin B3: 4.72mg (23.61%), Vitamin D: 3.32µg (22.1%), Vitamin B2: 0.34mg (19.96%), Vitamin B5: 1.88mg (18.84%), Vitamin B6: 0.37mg (18.59%), Vitamin A: 924.24IU (18.48%), Selenium: 12.92µg (18.46%), Potassium: 542.1mg (15.49%), Copper: 0.26mg (12.77%), Magnesium: 46.32mg (11.58%), Iron: 2.02mg (11.24%), Folate: 42.31µg (10.58%), Vitamin E: 1.06mg (7.06%), Calcium: 68.34mg (6.83%), Fiber: 1.64g (6.56%), Zinc: 0.86mg (5.7%)