



## Goan Curried-Fish Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon brown sugar
- 0.1 teaspoon cayenne
- 3 tablespoons cooking oil
- 4 teaspoons ginger fresh chopped
- 2 cloves garlic smashed
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 0.5 teaspoon fresh-ground pepper black

- 4 jalapeño peppers minced
- 0.3 cup juice of lemon (from 1 lemon)
- 1 onion chopped
- 1.3 teaspoons salt
- 2 pounds sole fillets cut into 1-inch pieces
- 1 tomatoes chopped
- 0.3 teaspoon turmeric
- 1 cup coconut milk unsweetened canned
- 0.8 cup water

## Equipment

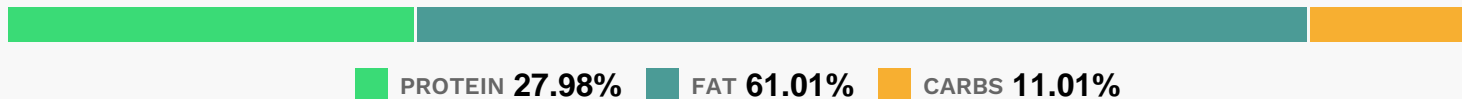
- sauce pan
- blender

## Directions

- In a glass or stainless-steel container, combine the sole, lemon juice, and 1/2 teaspoon of the salt.
- Let marinate at least 10 minutes.
- In a blender, puree the garlic and ginger with the coconut milk, coriander, cumin, brown sugar, black pepper, turmeric, and cayenne.
- In a large saucepan, heat the oil over moderate heat.
- Add the onion; cook, stirring occasionally, until golden, about 5 minutes.
- Add the tomato and cook, stirring occasionally, until soft, about 5 minutes.
- Add the coconut mixture, the jalapeos, the water, and the remaining 3/4 teaspoon salt and bring slowly almost to a simmer, stirring frequently.
- Add the fish and 1 tablespoon of the marinade. Bring to a simmer and continue simmering until the fish is just done, 1 to 2 minutes.
- Wine Recommendation: The spiciness and creaminess of this stew will be best accompanied by either beer or a bottle of acidic white wine with enough flavor to stand up to the coconut milk and heat. Try a Vouvray or other wine made from chenin blanc from the Loire Valley in

France.

## Nutrition Facts



### Properties

Glycemic Index:54, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:23.270869607511%

### Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

### Nutrients (% of daily need)

Calories: 428.03kcal (21.4%), Fat: 29.72g (45.73%), Saturated Fat: 14.51g (90.67%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 8.72g (3.17%), Sugar: 5.98g (6.65%), Cholesterol: 102.06mg (34.02%), Sodium: 927.03mg (40.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Selenium: 64.87µg (92.68%), Phosphorus: 663.28mg (66.33%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Manganese: 0.78mg (39.14%), Vitamin C: 31.38mg (38.04%), Vitamin E: 4.1mg (27.33%), Potassium: 732.44mg (20.93%), Magnesium: 80.68mg (20.17%), Vitamin B6: 0.39mg (19.71%), Vitamin B3: 3.31mg (16.57%), Copper: 0.28mg (13.92%), Fiber: 3.35g (13.39%), Vitamin K: 13.43µg (12.79%), Iron: 2.25mg (12.49%), Vitamin A: 517.23IU (10.34%), Folate: 38.09µg (9.52%), Zinc: 1.38mg (9.18%), Calcium: 89.81mg (8.98%), Vitamin B1: 0.11mg (7.27%), Vitamin B5: 0.67mg (6.72%), Vitamin B2: 0.08mg (4.68%)