



## Grilled Catfish with Noodles (Cha Ca)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons fish sauce (nuoc mam or nam pla)
- ☐ 1.5 cups barbecue sauce
- ☐ 6 oz bean sprouts rinsed
- ☐ 0.5 teaspoon ground pepper
- ☐ 6 cups rice noodles cooled cooked ()
- ☐ 1 tablespoon curry powder red yellow (see notes)
- ☐ 0.5 cup cilantro leaves fresh rinsed
- ☐ 0.5 cup optional: dill fresh chopped

- ☐ 0.5 cup mint leaves fresh rinsed
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 0.3 cup spring onion thinly sliced (including tops)
- ☐ 1.5 teaspoons ground ginger
- ☐ 1 teaspoon turmeric
- ☐ 8 oz lettuce rinsed
- ☐ 0.5 cup roasted peanuts salted chopped
- ☐ 2 tablespoons salad oil
- ☐ 0.3 cup shallots minced
- ☐ 0.5 cup shallots
- ☐ 36 oz tilapia

## Equipment

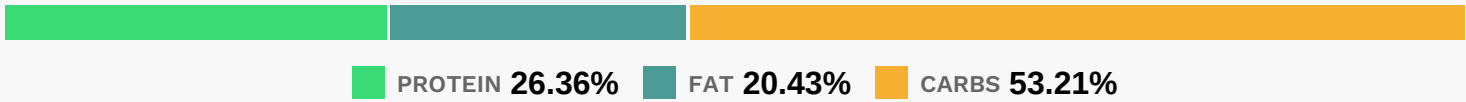
- ☐ bowl
- ☐ grill

## Directions

- ☐ In a small bowl, mix minced shallots, fish sauce, curry powder, ginger, turmeric, cayenne, and garlic. Rinse fish and pat dry. Rub shallot mixture all over fillets and stack in a bowl. Cover and chill 30 minutes or up to 1 day.
- ☐ Brush both sides of fillets lightly with oil.
- ☐ Place fish on a grill 4 to 6 inches above a solid bed of hot coals or over high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); cover gas grill. Cook fish, turning once, until barely opaque but still moist-looking in center of thickest part (cut to test), 4 to 8 minutes total.
- ☐ Serve hot or cool.
- ☐ Meanwhile, divide lettuce, bean sprouts, mint, and cilantro among six deep, wide bowls. Mound noodles equally over vegetables and herbs.
- ☐ Lay a grilled fish fillet on each mound of noodles.
- ☐ Sprinkle peanuts, green onions, dill, and Fried Shallots equally over the top.

Serve with Vietnamese Dipping Sauce to drizzle over portions to taste.

# Nutrition Facts



## Properties

Glycemic Index:48.92, Glycemic Load:23.04, Inflammation Score:-10, Nutrition Score:30.252173672552%

## Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 644.94kcal (32.25%), Fat: 14.79g (22.75%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 86.65g (28.88%), Net Carbohydrates: 80.04g (29.11%), Sugar: 28.79g (31.99%), Cholesterol: 85.05mg (28.35%), Sodium: 1633mg (71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.92g (85.84%), Selenium: 82.95µg (118.5%), Manganese: 1.22mg (61.07%), Vitamin B3: 9.83mg (49.16%), Vitamin B12: 2.73µg (45.51%), Phosphorus: 444.22mg (44.42%), Vitamin K: 42.55µg (40.53%), Vitamin D: 5.27µg (35.15%), Potassium: 1122.57mg (32.07%), Magnesium: 123.56mg (30.89%), Folate: 123.35µg (30.84%), Vitamin B6: 0.62mg (30.76%), Fiber: 6.6g (26.42%), Copper: 0.46mg (22.88%), Iron: 3.93mg (21.83%), Vitamin A: 1044.66IU (20.89%), Vitamin C: 14.47mg (17.54%), Vitamin E: 2.52mg (16.82%), Vitamin B1: 0.23mg (15.44%), Vitamin B2: 0.26mg (15.07%), Vitamin B5: 1.43mg (14.31%), Zinc: 1.88mg (12.55%), Calcium: 116.5mg (11.65%)