



Grilled chilli & coriander salmon with ginger rice



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet salmon fillet skinless
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 1 lime halved for serving
- ☐ 2 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 small piece ginger fresh finely chopped

- ☐ 1 garlic clove thinly sliced
- ☐ 100 g rice

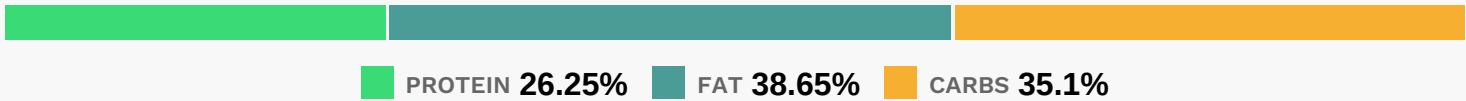
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat 1 tbsp oil in a pan and put the kettle on to boil. Fry the onion for a few mins until lightly browned. Stir in the ginger and garlic, fry for 1 min, then stir in the rice.
- ☐ Add 300ml boiling water and a little salt, then bring to the boil. Cover and cook for 10–12 mins until the rice is tender.
- ☐ Heat grill to medium.
- ☐ Brush a baking tray lightly with a little oil.
- ☐ Put the salmon on top and grill for 4–5 mins, then scatter with chilli, coriander, remaining olive oil and seasoning. Grill again for just 4–5 mins until the salmon is cooked through.
- ☐ Serve with the rice and lime halves for squeezing over.

Nutrition Facts



Properties

Glycemic Index:121.09, Glycemic Load:26.99, Inflammation Score:-8, Nutrition Score:34.449129933896%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

Nutrients (% of daily need)

Calories: 594.66kcal (29.73%), Fat: 25.38g (39.05%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 48.8g (17.75%), Sugar: 4.26g (4.73%), Cholesterol: 93.5mg (31.17%), Sodium: 85.03mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.6%), Selenium: 70.39µg (100.56%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.7mg (84.85%), Vitamin B3: 14.65mg (73.27%), Vitamin C: 47.87mg (58.03%), Phosphorus: 434.56mg (43.46%), Vitamin B2: 0.72mg (42.4%), Manganese: 0.74mg (36.85%), Vitamin B5: 3.56mg (35.6%), Potassium: 1118.94mg (31.97%), Vitamin B1: 0.48mg (31.82%), Copper: 0.63mg (31.43%), Vitamin K: 24.48µg (23.31%), Magnesium: 77.4mg (19.35%), Folate: 67.71µg (16.93%), Vitamin E: 2.42mg (16.14%), Iron: 2.5mg (13.91%), Zinc: 1.87mg (12.47%), Fiber: 3.07g (12.3%), Vitamin A: 570.1IU (11.4%), Calcium: 67.35mg (6.74%)