






 **46%**
HEALTH SCORE

Grilled Fish With Sun Dried Tomato Relish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

45 min.

SERVINGS

2

CALORIES

677 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 teaspoon balsamic vinegar
- 150 g cucumber
- 1 teaspoon olive oil extra virgin
- 5 leaves basil
- 5 leaves basil
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

- 2 teaspoons sesame seed
- 0.5 cup sugar
- 120 g sun-dried tomatoes drained in oil (oil)
- 400 g fish fillet white firm (I used kingclip)

Equipment

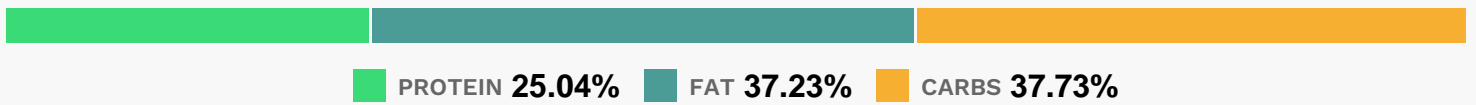
- bowl
- baking sheet
- baking paper
- oven
- baking pan
- grill
- kitchen scissors

Directions

- Pre-heat the oven to 200 deg Celsius.
- Lay a sheet of baking paper on a baking tray and grease it lightly with olive oil.
- Lay the whole fish fillet on the baking sheet and rub the fish generously with the rest of the olive oil. Season with salt and pepper. I like to use Masterfoods Garlic Pepper whenever a recipe calls for salt and pepper.
- Place the fish in an oven pre-heated to 200 deg Celsius for 15-20 minutes until fish is cooked. Do not overcook the fish. The standard, fan-forced or grill functions of the oven may be used. While the fish is cooking, lightly peel a piece of cucumber. About 150g large. Leave some skin on for a prettier appearance.
- Cut the cucumber into strips and trim off the seeds. Retain the crunchy parts. Dice the cucumber strips. Set aside the cucumber dices in a bowl. Use only sun-dried tomatoes that are soaked in oil.
- Remove the tomatoes from the jar and drain the excess oil.
- Cut the tomatoes into small pieces.
- Add the tomatoes to the cucumber. Stack 5 leaves of mint or basil together.

- Roll up the stack of leaves. Using a pair of kitchen scissors, cut the herbs into fine strips.
- Add them to the tomato mixture.
- Add salt and pepper to taste, 1/2 teaspoon of sugar, 1 teaspoon of extra virgin olive oil, 1/2 teaspoon of balsamic vinegar and 1 teaspoon of toasted sesame seeds. Stir the tomato relish mixture well to combine.
- Remove the fish from the oven.
- Cut into servicing portions and place the relish on the top of the each fish fillet.
- Garnish with sprigs of mint or basil.

Nutrition Facts



Properties

Glycemic Index:171.05, Glycemic Load:35.34, Inflammation Score:-8, Nutrition Score:31.606086956522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 9.43%, Sourness: 21.15%, Bitterness: 5.38%, Savoriness: 4.93%, Fattiness: 38.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 677.13kcal (33.86%), Fat: 29.15g (44.85%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 62.08g (22.57%), Sugar: 51.14g (56.82%), Cholesterol: 100mg (33.33%), Sodium: 848mg (36.87%), Protein: 44.13g (88.26%), Selenium: 86.5µg (123.57%), Vitamin C: 63.93mg (77.49%), Vitamin B12: 3.16µg (52.67%), Vitamin B3: 10.13mg (50.65%), Potassium: 1671.06mg (47.74%), Phosphorus: 454.16mg (45.42%), Vitamin D: 6.2µg (41.33%), Magnesium: 121.24mg (30.31%), Copper: 0.59mg (29.46%), Vitamin B6: 0.57mg (28.74%), Manganese: 0.56mg (27.76%), Vitamin K: 29.03µg (27.64%), Vitamin B2: 0.39mg (23.05%), Vitamin E: 3.16mg (21.04%), Vitamin A: 960.39IU (19.21%), Iron: 3.44mg (19.11%), Folate: 76.03µg (19.01%), Fiber: 4.41g (17.63%), Vitamin B1: 0.24mg (15.88%), Vitamin B5: 1.45mg (14.55%), Zinc: 1.44mg (9.63%), Calcium: 86.2mg (8.62%)