



Grilled mackerel with orange, chilli & watercress salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tsp peppercorns black



1 tsp coriander seeds



4 oranges



1 chilli red deseeded finely chopped



8 fillet mackerel fresh



1 tsp wholegrain mustard



1 tbsp clear honey

- ☐ 120 g watercress
- ☐ 1 shallots thinly sliced

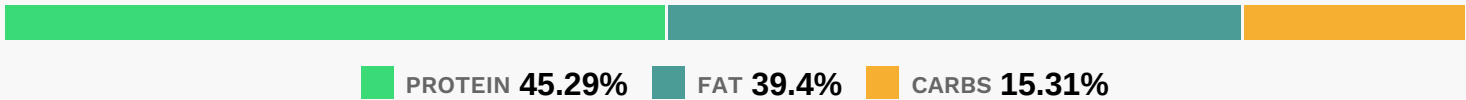
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Finely crush the peppercorns and coriander seeds together using a pestle and mortar. Grate the zest from half an orange and mix into the pepper mixture with half the chopped chilli. Lightly slash the skin of the mackerel and press the zesty, peppery mixture onto the fish.
- ☐ Heat the grill.
- ☐ For the salad, segment the oranges. First slice the top and bottom off each orange, then cut away the peel and any white pith using a small, sharp knife. Holding each orange over a bowl to catch all the juice, cut down either side of each segment to release it, then squeeze the shells to release any extra juice. Measure 4 tbsp of this juice into a small bowl and mix with the mustard, honey and remaining chilli.
- ☐ Grill the mackerel, skin-side up, for 4 mins or until crisp and cooked through. Meanwhile, divide the salad leaves between 4 plates and scatter with the orange segments and sliced shallot.
- ☐ Drizzle with the chilli orange dressing and top with the grilled mackerel.

Nutrition Facts



Properties

Glycemic Index:66.44, Glycemic Load:8.45, Inflammation Score:-9, Nutrition Score:46.415652358014%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.64mg, Kaempferol: 10.64mg, Kaempferol: 10.64mg, Kaempferol: 10.64mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 636.09kcal (31.8%), Fat: 27.4g (42.15%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 19.41g (7.06%), Sugar: 18.29g (20.32%), Cholesterol: 159.8mg (53.27%), Sodium: 316.6mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.85g (141.7%), Vitamin B12: 14.96µg (249.33%), Vitamin D: 30.94µg (206.27%), Selenium: 125.61µg (179.45%), Vitamin B3: 28.94mg (144.68%), Vitamin C: 97.78mg (118.53%), Vitamin B2: 1.53mg (89.8%), Vitamin B6: 1.31mg (65.32%), Potassium: 1810.24mg (51.72%), Phosphorus: 472.67mg (47.27%), Vitamin K: 36.48µg (34.75%), Vitamin B1: 0.52mg (34.74%), Magnesium: 130.37mg (32.59%), Iron: 4.93mg (27.37%), Vitamin A: 1331.7IU (26.63%), Vitamin E: 3.86mg (25.74%), Copper: 0.44mg (21.99%), Folate: 80.29µg (20.07%), Calcium: 191.65mg (19.17%), Manganese: 0.38mg (18.88%), Fiber: 4.52g (18.1%), Zinc: 2.62mg (17.46%), Vitamin B5: 1.6mg (15.96%)