



Grilled Quail With Mango And Arugula

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

READY IN



75 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings arugula
- 6 servings pepper black freshly ground to taste
- 6 servings chives finely chopped
- 6 servings curry powder
- 6 servings mangos
- 6 servings mangos
- 6 servings olive oil
- 6 servings quail

- 6 servings salt to taste
- 6 servings shallots
- 6 servings sugar
- 6 servings tarragon

Equipment

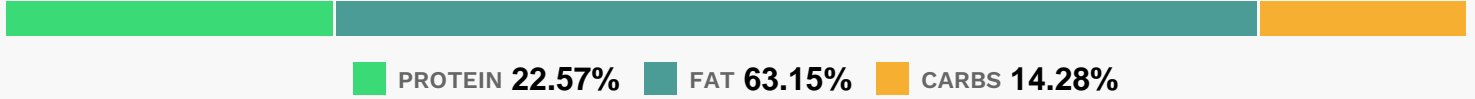
- frying pan
- oven
- grill
- grill pan

Directions

- Preheat the oven to 250°F. Rub the quail lightly with olive oil, then season with salt and pepper and rub with the curry powder and ginger.
- Place the quail in a pan, cut side down, on top of the sprigs of tarragon and add the mango slices so that they can absorb the flavor of the herbs and ginger. Set aside in the refrigerator for 30 minutes. Preheat a grill or a grill pan over medium heat. Grill the mango slices until they have visible grill marks on each side, then arrange the slices on a serving platter.
- Remove the quail from the spice rub and reserve any rub remaining in the pan.
- Place the quail halves on the grill or grill pan and grill until the skin has browned, about 3 minutes per side.
- Transfer the quail to the oven to keep warm. While the quail is grilling, heat a pan over medium heat and scrape any of the remaining spice rub into the pan.
- Add the shallots and diced mango scraps to the pan and cook until slightly caramelized.
- Add the orange zest and juice and continue cooking until the juice has completely evaporated. Stir in the sugar.
- Add the arugula to the pan and cook until it has wilted.
- Transfer the arugula to the serving platter with the mango slices. Arrange the grilled quail on top and sprinkle with the chives and mango julienne.
- Serve warm. Chef's Note: A fine julienne is a matchstick-size cut.

- Cut your vegetable into slices that are approximately 1/16-inch thick and then cut them across 1/16-inch. They should not be any longer than 1 1/2 inches so that they are not cumbersome to eat. Try out these grilled poultry dishes on Food Republic: [Grilled Chicken Under A Brick Recipe](#)
- [Ginger-Garlic Half Chicken Recipe](#)
- [Ground Chicken Burger Recipe](#)

Nutrition Facts



Properties

Glycemic Index: 64.6, Glycemic Load: 8.96, Inflammation Score: -5, Nutrition Score: 16.050000118173%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 390.41kcal (19.52%), Fat: 27.47g (42.26%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.3g (4.83%), Sugar: 12.58g (13.98%), Cholesterol: 82.84mg (27.61%), Sodium: 255.99mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.19%), Vitamin B3: 8.39mg (41.97%), Vitamin B6: 0.7mg (35.22%), Phosphorus: 313.19mg (31.32%), Copper: 0.58mg (29.11%), Iron: 5.22mg (29%), Selenium: 18.45µg (26.36%), Vitamin K: 22.71µg (21.63%), Zinc: 2.78mg (18.52%), Vitamin B1: 0.28mg (18.5%), Vitamin B2: 0.31mg (18.4%), Vitamin E: 2.3mg (15.34%), Vitamin A: 619.79IU (12.4%), Vitamin C: 10.15mg (12.31%), Manganese: 0.2mg (9.85%), Potassium: 329.38mg (9.41%), Magnesium: 36.79mg (9.2%), Vitamin B5: 0.9mg (8.97%), Vitamin B12: 0.47µg (7.81%), Folate: 24.97µg (6.24%), Calcium: 48.67mg (4.87%), Fiber: 0.68g (2.72%)