



Grilled Stuffed Mackerel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp goan spice paste red
- ☐ 5 curry leaves fresh
- ☐ 0.3 tsp ginger/garlic paste
- ☐ 0.3 tsp ginger paste
- ☐ 2 tsp juice of lemon
- ☐ 1 serving lemon wedges
- ☐ 1 medium mackerel cleaned
- ☐ 0.5 small onion peeled sliced

- ☐ 1 serving salt to taste
- ☐ 1 medium tomatoes chopped
- ☐ 1 tbsp vegetable oil

Equipment

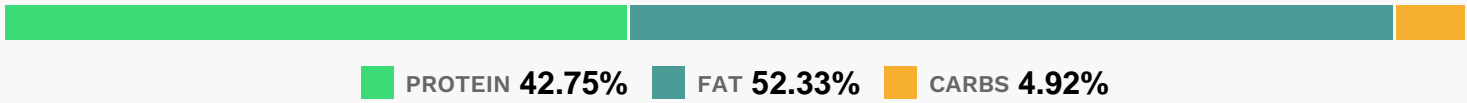
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Wash and dry the inside of the fish. Make deep slashes across both sides of the fish. Stir together the ginger and garlic pastes, salt, 1 teaspoon of the oil and the lemon juice and rub all over and into the slits of the fish.
- ☐ Place in a nonmetallic dish, cover and marinate in the fridge for 30 minutes.
- ☐ Heat the remaining oil in a small nonstick saucepan and fry the onion until golden brown.
- ☐ Add the curry leaves and masala paste and cook over medium-low heat for 3-4 minutes, stirring constantly. If you are concerned that the masala sauce may burn, add a sprinkling of water to the pan.
- ☐ Add the tomato and salt and cook briskly for 6-8 minutes, stirring often. The tomatoes will completely break down and you will be left with a spicy, thick masala sauce. Taste and adjust the seasoning.
- ☐ Rub a little of this stuffing mixture on the flesh and inside the slits and stuff the rest into the cavity.
- ☐ Put the fish back in the fridge for another 20 minutes, if you have time.
- ☐ Preheat the grill and cover the grill pan with kitchen foil.
- ☐ Place the fish on top and cook for 6-7 minutes on each side, turning carefully, until the fish is golden brown and cooked through.
- ☐ Serve with lemon wedges and plain rice.

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Nutrition Facts



Properties

Glycemic Index:120.5, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:54.512173777041%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 886.59kcal (44.33%), Fat: 50.16g (77.18%), Saturated Fat: 12.55g (78.41%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 7.92g (2.88%), Sugar: 5.71g (6.34%), Cholesterol: 211.5mg (70.5%), Sodium: 589.27mg (25.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.21g (184.42%), Vitamin B3: 95.73mg (478.65%), Vitamin B12: 19.8µg (330%), Vitamin D: 40.95µg (273%), Selenium: 164.62µg (235.17%), Vitamin C: 134.06mg (162.5%), Folate: 623.75µg (155.94%), Vitamin B2: 1.94mg (113.86%), Vitamin B6: 1.65mg (82.32%), Potassium: 2186.34mg (62.47%), Vitamin A: 3046.83IU (60.94%), Phosphorus: 606.47mg (60.65%), Vitamin E: 6.3mg (42.01%), Vitamin B1: 0.57mg (37.89%), Magnesium: 145.13mg (36.28%), Vitamin K: 35.34µg (33.66%), Iron: 5.94mg (33.02%), Copper: 0.51mg (25.65%), Zinc: 3.31mg (22.06%), Calcium: 161.64mg (16.16%), Vitamin B5: 1.6mg (15.97%), Manganese: 0.28mg (13.98%), Fiber: 2.68g (10.72%)