



Grilled Vegetable and Rice Salad with Fish-Sauce Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 to 5 chilies red stemmed (such as Holland or Anaheim)
- 4 cups jasmine rice steamed
- 3 ears corn
- 1 small eggplant cut lengthwise into 1" slices
- 2 tablespoons fish sauce (such as nuoc nam or nam pla)
- 1 garlic clove minced
- 2 cups herbs like: thym mixed fresh loosely packed () (such as basil, cilantro, fennel fronds, marjoram, mint, and tarragon)

- 1 teaspoon brown sugar light packed ()
- 1 tablespoon juice of lime fresh
- 12 okra
- 1 tablespoon sea salt
- 0.3 cup coconut shredded unsweetened
- 6 servings vegetable oil
- 2 large zucchini halved lengthwise

Equipment

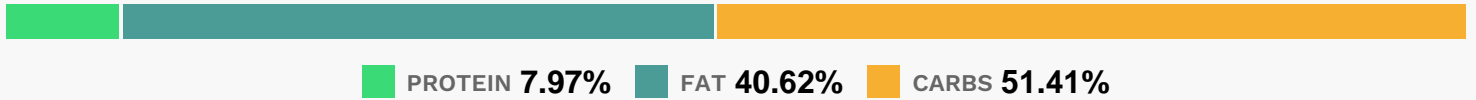
- food processor
- bowl
- frying pan
- oven
- grill
- mortar and pestle

Directions

- Preheat oven to 250°F.
- Spreadout coconut (if using) on a rimmedbaking sheet.
- Bake, stirring often, untilgolden brown, about 10 minutes.
- Letcool on pan.
- Build a medium-hot fire in a charcoalgrill, or heat a gas grill to high.
- Brush grill grates with oil. Meanwhile,combine okra, corn, zucchini, chiles,eggplant, and salt in a large bowl;drizzle with oil and toss to coat. Grillvegetables (use a grill basket if youhave one), turning frequently, untilcrisp-tender and lightly charred, about8 minutes.
- Place chiles in a mediumbowl; cover tightly with plastic to letsteam for easy peeling. Set chiles asidefor dressing.
- Cut corn kernels from cobs; placein a large bowl.
- Cut zucchini andeggplant into irregular 1" pieces; placein bowl with corn. Trim any toughtops from okra and cut okra in halflengthwise; add to bowl. Set aside.

- Peel or scrape off charred skin from chiles and discard. Purée chiles (with seeds) and garlic in a food processor or mash with a mortar and pestle until a coarse paste forms.
- Add sugar and processor pound until dissolved. Stir in fish sauce and lime juice.
- Drizzle dressing over warm vegetables; add herbs and toasted coconut (if using); toss well.
- Scoop steamed rice onto a platter and top with salad.

Nutrition Facts



Properties

Glycemic Index: 55.17, Glycemic Load: 33.81, Inflammation Score: -8, Nutrition Score: 21.578261104615%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 384.12kcal (19.21%), Fat: 18.05g (27.77%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 44.95g (16.35%), Sugar: 10.63g (11.81%), Cholesterol: 0mg (0%), Sodium: 1656.79mg (72.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin K: 76.03µg (72.41%), Manganese: 1.38mg (68.99%), Vitamin C: 53.52mg (64.87%), Vitamin B6: 0.56mg (28.11%), Fiber: 6.46g (25.84%), Magnesium: 96.01mg (24%), Potassium: 802.22mg (22.92%), Folate: 91.66µg (22.92%), Vitamin A: 1055.7IU (21.11%), Phosphorus: 179.69mg (17.97%), Copper: 0.33mg (16.47%), Vitamin B1: 0.24mg (15.68%), Selenium: 10.23µg (14.61%), Vitamin B3: 2.87mg (14.34%), Vitamin B5: 1.32mg (13.18%), Vitamin B2: 0.21mg (12.32%), Vitamin E: 1.83mg (12.22%), Zinc: 1.53mg (10.22%), Iron: 1.78mg (9.88%), Calcium: 77.59mg (7.76%)