



Halibut with Coconut-Red Curry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil divided
- ☐ 1 tablespoon fish sauce
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 24 ounce pacific halibut filets
- ☐ 1 cup coconut milk light

- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon curry paste red
- ☐ 1 tablespoon sugar

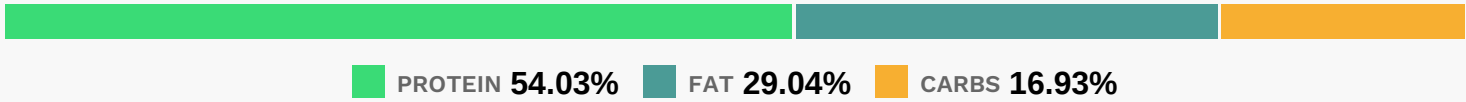
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; cook 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add onion, green onions, and ginger; saut 2 minutes. Stir in coconut milk and the next 4 ingredients (through coriander). Bring to a boil; cook 1 minute.
- ☐ Remove from heat. Stir in basil and juice.
- ☐ Combine 1 1/2 cups water and 3/4 cup basmati rice in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 12 minutes. Stir in 2 cups chopped baby bok choy; cover and cook 8 minutes or until liquid is absorbed.
- ☐ Combine 1 1/2 tablespoons low-sodium soy sauce, 1 tablespoon fresh lime juice, 1/2 teaspoon sugar, and 1/2 teaspoon dark sesame oil; stir into rice mixture.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:3.15, Inflammation Score:-7, Nutrition Score:20.945652215377%

Flavonoids

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 251.22kcal (12.56%), Fat: 7.8g (12%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.03g (3.28%), Sugar: 5.29g (5.87%), Cholesterol: 83.35mg (27.78%), Sodium: 514.61mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.64g (65.28%), Selenium: 78.35µg (111.93%), Vitamin B3: 11.32mg (56.58%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.01mg (50.51%), Phosphorus: 420.22mg (42.02%), Vitamin B12: 1.89µg (31.54%), Vitamin K: 29.55µg (28.15%), Potassium: 860.67mg (24.59%), Magnesium: 55.59mg (13.9%), Vitamin E: 1.48mg (9.86%), Folate: 39.09µg (9.77%), Vitamin A: 415.21IU (8.3%), Vitamin C: 6.39mg (7.75%), Vitamin B1: 0.11mg (7.51%), Vitamin B5: 0.65mg (6.55%), Manganese: 0.12mg (5.79%), Zinc: 0.76mg (5.08%), Fiber: 1.2g (4.79%), Vitamin B2: 0.08mg (4.53%), Copper: 0.08mg (3.83%), Iron: 0.67mg (3.73%), Calcium: 36.67mg (3.67%)