



WHATSheATE



## Indian crumbed fish with spicy chips



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 large potatoes cut into skinny chips
- ☐ 1 tbsp curry paste
- ☐ 1 tbsp vegetable oil
- ☐ 1 large naan breads
- ☐ 1 tbsp curry powder
- ☐ 450 g fish fillet white
- ☐ 1 tub lemon wedges

### Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan
- ☐ toaster

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss chips with curry paste, half the oil and some seasoning on a baking tray, then cook for 20 mins on the top shelf.
- ☐ Meanwhile, toast the naan in a toaster, then whizz to crumbs in a food processor with the curry powder.
- ☐ Lay the fish on a baking tray, brush with the rest of the oil, then pack the crumbs on top and drizzle with a little extra oil.
- ☐ Transfer the chips to a lower shelf and cook the fish above for 10 mins until crisp and golden.

## Nutrition Facts



## Properties

Glycemic Index:28.56, Glycemic Load:35.42, Inflammation Score:-8, Nutrition Score:25.357391129369%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 454.28kcal (22.71%), Fat: 8.5g (13.08%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 57.12g (20.77%), Sugar: 3.47g (3.85%), Cholesterol: 58.73mg (19.58%), Sodium: 287.73mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Selenium: 48.13µg (68.75%), Vitamin C: 55.15mg (66.84%), Vitamin B6: 1.02mg (50.85%), Potassium: 1529.51mg (43.7%), Vitamin B3: 7.36mg (36.81%), Phosphorus: 354.53mg (35.45%), Vitamin B12: 1.78µg (29.63%), Fiber: 7.25g (29.01%), Manganese: 0.53mg (26.63%), Magnesium: 98.05mg (24.51%), Vitamin D: 3.49µg (23.25%), Copper: 0.4mg (19.81%), Iron: 3.35mg (18.63%), Folate: 73.73µg (18.43%), Vitamin B1: 0.27mg (18.11%), Vitamin K: 14.66µg (13.96%), Vitamin B5: 1.37mg

(13.68%), Vitamin A: 611.74IU (12.23%), Vitamin B2: 0.16mg (9.64%), Zinc: 1.24mg (8.25%), Calcium: 76.99mg (7.7%),  
Vitamin E: 1.1mg (7.35%)