



WHATSheATE



## Lake Trout With Nuoc Mam Gung and Broccoli



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 pound broccoli



6 tablespoons canola oil divided



2 pepper flakes fresh hot minced stemmed seeded (jalapeño, serrano, or Thai bird)



1 Handful cilantro leaves fresh chopped



24 ounce fish fillet (lake trout, salmon, or other firm-fleshed fish)



4 tablespoons fish sauce



2 garlic clove



1 inch ginger minced peeled

- ☐ 6 tablespoon lime
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup rice vinegar
- ☐ 3 tablespoons sugar

## Equipment

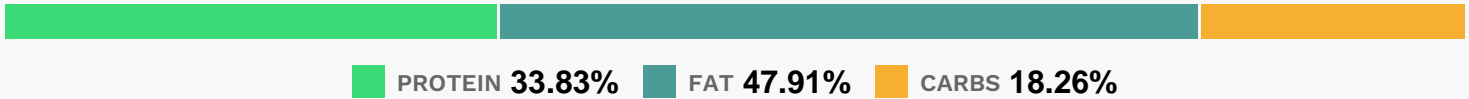
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ spatula
- ☐ mortar and pestle
- ☐ tongs
- ☐ peeler

## Directions

- ☐ Adjust oven racks to upper middle and lower middle position. Use a vegetable peeler to peel the broccoli stems, then cut the broccoli lengthwise into 2-inch-wide pieces.
- ☐ Transfer broccoli pieces to a roasting pan large enough to fit them in a single layer.
- ☐ Smash garlic and a teaspoon of salt in a mortar and pestle or with the back of a knife until it is a paste.
- ☐ Transfer to a small bowl and whisk in vinegar and 4 tablespoons canola oil.
- ☐ Pour this mixture over the broccoli, season with salt and pepper, and toss until evenly coated.
- ☐ Transfer roasting pan to the bottom rack of oven and cook for 7 minutes. Flip the broccoli pieces with a pair of tongs and continue roasting until the broccoli is tender and a sharp knife easily pierces the stem, about 8 minutes longer. Set aside when done.
- ☐ Meanwhile, season the fish fillets with salt and pepper.

- ☐
- Heat remaining 2 tablespoons canola oil in an ovenproof skillet or cast-iron skillet over medium-high heat. When oil starts to shimmer, add the fillets skin-side down and cook until bottom starts to brown, 4 to 5 minutes. Carefully use a spatula to move the fillets to make sure the skin isn't stuck to the pan, and then transfer pan to top rack in the oven to finish cooking the fish, 5 to 8 minutes.
- ☐
- Combine garlic, chilies, ginger, sugar, lime juice, and fish sauce in a small bowl. Set aside.
- ☐
- Serve the fish and broccoli with the sauce in a small container on the side, or spoon some of the sauce on top of the fish. If you'd like, garnish with some cilantro.

Nutrition Facts



Properties

Glycemic Index:84.52, Glycemic Load:8.91, Inflammation Score:-9, Nutrition Score:33.085217475891%

Flavonoids

Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 447.12kcal (22.36%), Fat: 24.49g (37.67%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 17.33g (6.3%), Sugar: 12.97g (14.41%), Cholesterol: 85.05mg (28.35%), Sodium: 1542.45mg (67.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.91g (77.81%), Vitamin C: 137.02mg (166.08%), Vitamin K: 139.52µg (132.87%), Selenium: 76.09µg (108.71%), Vitamin B12: 2.77µg (46.23%), Vitamin B3: 8.11mg (40.57%), Phosphorus: 380.73mg (38.07%), Vitamin E: 5.45mg (36.31%), Vitamin D: 5.27µg (35.15%), Vitamin B6: 0.69mg (34.31%), Folate: 128.21µg (32.05%), Potassium: 1025.82mg (29.31%), Magnesium: 108.67mg (27.17%), Manganese: 0.44mg (22.05%), Vitamin A: 995.49IU (19.91%), Vitamin B2: 0.28mg (16.29%), Vitamin B5: 1.58mg (15.84%), Fiber: 3.66g (14.63%), Iron: 2.28mg (12.66%), Copper: 0.24mg (12.03%), Vitamin B1: 0.18mg (11.7%), Calcium: 89.32mg (8.93%), Zinc: 1.16mg (7.75%)