



Lemon-scented fish & chips



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large carrots cut into thin batons
- ☐ 2 large potatoes cut into thin batons
- ☐ 9 servings thyme sprigs leaves picked
- ☐ 1 lemon zest sliced
- ☐ 2 tbsp olive oil
- ☐ 200 g broccoli florets frozen
- ☐ 2 tbsp crème fraîche
- ☐ 4 fillet fish fillet white

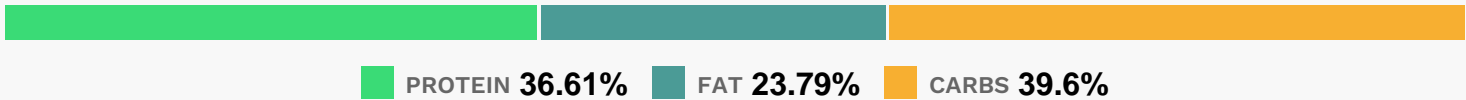
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the carrots, potatoes, thyme and lemon slices in a large non-stick shallow roasting tray, with oil and seasoning. Cook for 25 mins, shaking the pan once or twice.
- ☐ Put the broccoli in a pan of boiling water and cook for about 5 mins or until tender. Stir through the peas and spinach. When all the spinach has wilted and the peas are tender, drain thoroughly. Blitz in a food processor to a smooth pure. Stir through the crme frache, a pinch of the lemon zest and some seasoning.
- ☐ Lay the fish on top of the roasted roots and cook for 15 mins or so more, until the fish is just cooked through. Make sure green veg pure is still hot and serve alongside the fish and roots.

Nutrition Facts



Properties

Glycemic Index:51.9, Glycemic Load:26.63, Inflammation Score:-10, Nutrition Score:38.805217535599%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 428.52kcal (21.43%), Fat: 11.62g (17.88%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 35.67g (12.97%), Sugar: 5.97g (6.63%), Cholesterol: 88.54mg (29.51%), Sodium: 167.94mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.47%), Vitamin A: 12488.54IU (249.77%), Vitamin C: 90.79mg (110.04%), Selenium: 73.17µg (104.53%), Vitamin K: 70.69µg (67.33%), Vitamin B6: 1.02mg (50.97%), Potassium: 1702.22mg (48.63%), Vitamin B3: 9.66mg (48.3%), Phosphorus: 459.49mg (45.95%), Vitamin

B12: 2.7µg (44.98%), Vitamin D: 5.27µg (35.13%), Fiber: 7.85g (31.4%), Manganese: 0.59mg (29.62%), Folate: 117.07µg (29.27%), Magnesium: 111.9mg (27.97%), Vitamin B1: 0.3mg (20.23%), Copper: 0.4mg (19.93%), Iron: 3.42mg (19%), Vitamin B5: 1.89mg (18.91%), Vitamin E: 2.6mg (17.32%), Vitamin B2: 0.29mg (16.96%), Calcium: 103.65mg (10.37%), Zinc: 1.54mg (10.25%)