



 **36%**
HEALTH SCORE

Linefish Simmered In A Spiced Coconut Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cloves garlic crushed peeled
- 1 ginger fresh grated
- 7.5 ml chili powder red
- 7.5 ml turmeric
- 5 ml salt
- 30 grams tamarind pulp
- 100 mls vegetable oil
- 7.5 ml brown mustard seeds

- 7.5 ml fenugreek seeds
- 2 cloves whole
- 3 cardamom pods whole white
- 1 cinnamon
- 2 large onion peeled very finely chopped
- 340 mls coconut milk
- 10 ml cumin
- 4 servings pepper black
- 1 handful cilantro leaves fresh chopped
- 1 kilograms fish fillet fresh white

Equipment

- bowl
- sauce pan

Directions

- Cut the fish into large chunks and place in a bowl.
- Add half the garlic and ginger (reserve the rest).
- Stir in the chilli powder, turmeric and salt, and toss well.
- Place in the fridge for 30 minutes.
- Soften the tamarind pulp in a cup of warm water for 20 minutes.
- Heat the oil in a large saucepan over a high flame.
- Add the mustard seeds, fenugreek, cloves, cardamom and cinnamon.
- Sizzle the spices in the hot oil until the mustard seeds pop.
- Add the onions and the reserved ginger and garlic.
- Fry briskly for 10 minutes, or until the onions are golden brown.
- Mash the softened tamarind pulp into its soaking water.
- Strain the liquid onto the onions and discard the pulp.
- Stir in the coconut cream and cumin.

- Simmer for 15 minutes.
- Tip the marinated fish cubes into the sauce and stir gently.
- Simmer gently until the fish is just cooked (about 7 minutes).
- Serve hot, with chopped fresh cilantro and Basmati rice.

Nutrition Facts

PROTEIN 30.38% **FAT 57.63%** **CARBS 11.99%**

Properties

Glycemic Index:79.5, Glycemic Load:7.02, Inflammation Score:-10, Nutrition Score:35.096956521739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

Taste

Sweetness: 13.98%, Saltiness: 3.75%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 693.29kcal (34.66%), Fat: 46.08g (70.9%), Saturated Fat: 20.58g (128.66%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 17.06g (6.2%), Sugar: 6.44g (7.16%), Cholesterol: 125mg (41.67%), Sodium: 782.4mg (34.02%), Protein: 54.66g (109.31%), Selenium: 106.57µg (152.24%), Manganese: 1.81mg (90.41%), Vitamin B12: 3.95µg (65.83%), Phosphorus: 572.58mg (57.26%), Vitamin B3: 11.05mg (55.26%), Vitamin D: 7.75µg (51.67%), Vitamin K: 52.48µg (49.98%), Iron: 8.25mg (45.81%), Potassium: 1282.21mg (36.63%), Magnesium: 145.27mg (36.32%), Vitamin B6: 0.67mg (33.28%), Vitamin E: 3.84mg (25.57%), Copper: 0.5mg (25.2%), Folate: 90.55µg (22.64%), Fiber: 4.52g (18.09%), Vitamin B1: 0.23mg (15.22%), Vitamin B5: 1.5mg (14.95%), Vitamin B2: 0.24mg (13.86%), Vitamin A: 663.66IU (13.27%), Zinc: 1.93mg (12.89%), Calcium: 121.45mg (12.15%), Vitamin C: 9.03mg (10.94%)