



Mahi-Mahi with Lemongrass Slaw and Rice Fritters

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup fish sauce
- ☐ 2 tablespoons chili powder
- ☐ 1 cup rice medium-grain cooled cooked (such as sushi rice)
- ☐ 1.5 teaspoons cornstarch
- ☐ 4 ounces pea-mond dressing
- ☐ 1 large eggs beaten to blend
- ☐ 1 small garlic clove minced

- ☐ 0.8 cup spring onion chopped (6)
- ☐ 1 teaspoon paprika smoked sweet spanish
- ☐ 4 cups jicama peeled cut into matchstick-size pieces
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon grass minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 36 ounce mahi-mahi
- ☐ 5 ounces napa cabbage
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 0.8 teaspoon hot sauce hot
- ☐ 1 tablespoon onion red minced
- ☐ 1 teaspoon serrano chiles minced seeded
- ☐ 2 tablespoons soya sauce
- ☐ 6 tablespoons sugar
- ☐ 1 cup rice vinegar
- ☐ 6 servings vegetable oil for frying
- ☐ 1.5 teaspoons water

Equipment

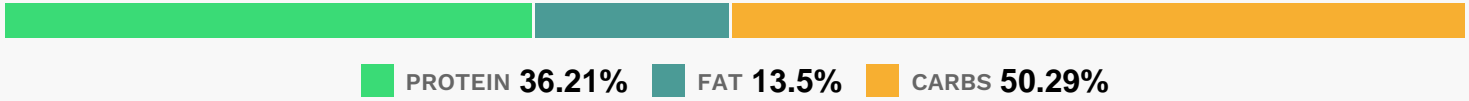
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Whisk all ingredients in small bowl. Do ahead Can be made 1 day ahead. Cover; chill.
- ☐ Mix first 5 ingredients in small saucepan. Bring sauce to boil over medium heat.
- ☐ Whisk 1 1/2 teaspoons water and cornstarch in small bowl.
- ☐ Add to sauce and boil until mixture thickens, about 1 minute. Do ahead Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving. Divide sauce among 6 small bowls; cool to room temperature.
- ☐ Whisk all ingredients in small bowl to blend. Do ahead Marinade can be made 1 day ahead. Cover and refrigerate.
- ☐ Separate leaves from cabbage. Cook in large pot of boiling salted water until wilted, about 30 seconds.
- ☐ Drain; pat dry. Finely chop.
- ☐ Mix cabbage, rice, green onions, and 3/4 cup panko; season to taste with salt and pepper. Stir in egg.
- ☐ Place remaining 1 1/4 cups panko on plate. Measure heaping tablespoonful of rice mixture; press together firmly to form ball, then flatten slightly into disk. Press disk into panko to coat. Repeat with remaining rice mixture. Cover and chill 30 minutes. Do ahead Can be made 1 day ahead. Keep refrigerated.
- ☐ Place fish in 13x9x2-inch glass baking dish.
- ☐ Pour marinade over fish and chill at least 1 hour and up to 3 hours.
- ☐ Preheat oven to 400°F.
- ☐ Add enough vegetable oil to heavy medium skillet to reach depth of 2 inches.
- ☐ Heat oil to 375°F. Working in batches, fry rice fritters until golden brown, about 1 minute per side.
- ☐ Transfer fritters to paper towels to drain.
- ☐ Heat large ovenproof nonstick skillet over medium-high heat.
- ☐ Add fish with marinade still clinging to surface and cook fish until brown, about 3 minutes per side.
- ☐ Transfer skillet to oven and roast fish until just opaque in center, about 5 minutes longer.
- ☐ Place jicama matchsticks and pea sprouts in large bowl.

Pour enough lemongrass dressing over to coat. Season to taste with salt and pepper. Divide slaw among 6 plates, mounding slaw in center. Arrange fish atop slaw on each plate. Divide rice fritters among plates and serve with Vietnamese sauce alongside.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:10.49, Inflammation Score:-9, Nutrition Score:31.876956291821%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 454.4kcal (22.72%), Fat: 6.71g (10.32%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 47.65g (17.33%), Sugar: 17.18g (19.09%), Cholesterol: 155.17mg (51.72%), Sodium: 1469.26mg (63.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.47g (80.93%), Selenium: 75.87µg (108.39%), Vitamin B3: 13.62mg (68.08%), Vitamin B6: 1mg (49.99%), Vitamin K: 51.48µg (49.03%), Manganese: 0.83mg (41.44%), Vitamin C: 32.21mg (39.04%), Phosphorus: 387.76mg (38.78%), Folate: 146.05µg (36.51%), Fiber: 8.54g (34.17%), Potassium: 1188.76mg (33.96%), Iron: 6.11mg (33.93%), Vitamin A: 1551.6IU (31.03%), Magnesium: 118.85mg (29.71%), Vitamin B1: 0.39mg (25.88%), Vitamin B2: 0.36mg (21.06%), Vitamin B12: 1.21µg (20.19%), Vitamin B5: 2mg (19.99%), Copper: 0.33mg (16.4%), Vitamin E: 2.18mg (14.54%), Calcium: 144.41mg (14.44%), Zinc: 2.08mg (13.89%), Vitamin D: 0.17µg (1.11%)