



Mediterranean fish & couscous



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g sustainable fish fillets white (we used Pollock)
- ☐ 2 lemon zest cut into wedges
- ☐ 1 chilli red sliced finely chopped
- ☐ 1 small bunch basil shredded
- ☐ 200 g cherry tomatoes
- ☐ 100 g couscous
- ☐ 2 tbsp balsamic vinegar
- ☐ 0.5 cucumber diced

☐ 2 tbsp olives black pitted halved

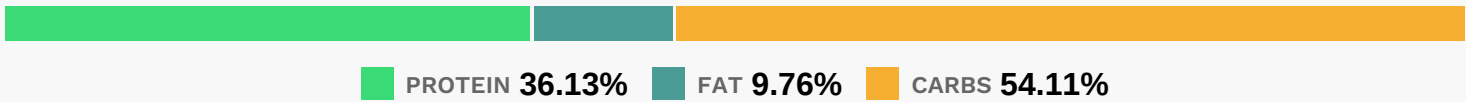
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Take one small sheet of foil, about A4 size, and put one fish fillet on top. Season the fish, then drizzle with half of the lemon juice and zest, half the sliced chillies and half of the basil.
- ☐ Halve 4 of the tomatoes and put these around the fish.
- ☐ Place another sheet of foil on top and fold the edges together to seal. Repeat with the other piece of fish and transfer to a baking sheet. Cook for 15–18 mins until the bag has puffed up (or cook on the barbecue).
- ☐ While the fish is cooking pour 100ml of boiling water over the couscous, cover, then leave to swell for 5 mins. Chop the rest of the tomatoes and mix with the couscous, balsamic, cucumber, the remaining basil, lemon juice and zest and olives. Season and serve alongside the fish with the lemon wedges on the side for squeezing over.

Nutrition Facts



Properties

Glycemic Index:122.5, Glycemic Load:25.84, Inflammation Score:-8, Nutrition Score:25.422608271889%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 373.42kcal (18.67%), Fat: 4.04g (6.22%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 45.4g (16.51%), Sugar: 7.41g (8.24%), Cholesterol: 62.5mg (20.83%), Sodium: 213.52mg (9.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Vitamin C: 65.99mg (79.99%), Selenium: 53.06µg (75.81%), Vitamin B3: 7.54mg (37.71%), Phosphorus: 357.24mg (35.72%), Manganese: 0.7mg (35.25%), Vitamin B12: 1.98µg (32.92%), Vitamin K: 29.81µg (28.39%), Vitamin D: 3.88µg (25.83%), Potassium: 895.63mg (25.59%), Vitamin B6: 0.51mg (25.38%), Magnesium: 85.18mg (21.3%), Copper: 0.41mg (20.46%), Fiber: 5.03g (20.11%), Vitamin A: 1002.64IU (20.05%), Folate: 72.42µg (18.1%), Vitamin B5: 1.61mg (16.14%), Iron: 2.65mg (14.7%), Vitamin B1: 0.21mg (14.32%), Vitamin B2: 0.19mg (10.96%), Vitamin E: 1.59mg (10.6%), Zinc: 1.22mg (8.11%), Calcium: 72.75mg (7.28%)