



Mediterranean fish parcels



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



50 min.

SERVINGS



2

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g baby potatoes scrubbed
- ☐ 1 tsp olive oil
- ☐ 350 g fish fillet white such as haddock or whiting firm
- ☐ 2 tsp sun-dried tomato paste
- ☐ 1 small juice of lemon finely grated
- ☐ 10 olive green black
- ☐ 1 tbsp capers rinsed
- ☐ 2 sprigs rosemary leaves fresh

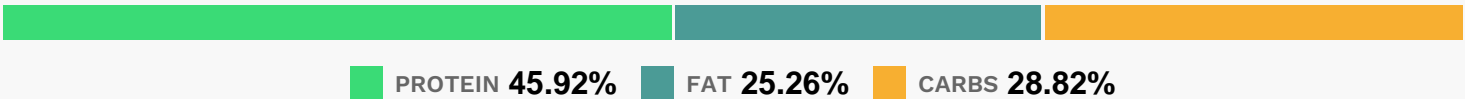
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 170C/conventional 190C/gas
- ☐ Boil potatoes in lightly salted water for about 12 minutes or until tender, then drain well.
- ☐ Take 2 large sheets of foil, about 30cm square, and brush the middle area of each sheet with the olive oil. Put a fish fillet on top and spread with the tomato paste.
- ☐ Sprinkle with the lemon zest and juice, add the cooked potatoes, olives and capers and season with ground pepper.
- ☐ Lay a sprig of rosemary or thyme on top then loosely wrap and secure each parcel tightly to completely enclose the ingredients. You can prepare these up to half a day in advance and keep them in the fridge.
- ☐ Put the fish parcels on a baking sheet and bake for 20–25 minutes, or until the fish flakes when tested with a fork.
- ☐ Serve at once, with steamed green beans.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:15.99, Inflammation Score:-7, Nutrition Score:22.826086852861%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 329.86kcal (16.49%), Fat: 9.3g (14.3%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 20.26g (7.37%), Sugar: 1.48g (1.64%), Cholesterol: 87.5mg (29.17%), Sodium: 624.04mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.06%), Selenium: 73.77µg (105.39%), Vitamin B12: 2.77µg (46.08%), Vitamin B3: 8.24mg (41.19%), Vitamin C: 30.64mg (37.14%), Phosphorus: 371.25mg (37.12%), Vitamin D: 5.43µg (36.17%), Vitamin B6: 0.67mg (33.33%), Potassium: 1081.01mg (30.89%), Magnesium: 80.61mg (20.15%), Folate: 66.7µg (16.67%), Copper: 0.31mg (15.45%), Fiber: 3.61g (14.43%), Iron: 2.45mg (13.63%), Manganese: 0.26mg (13.11%), Vitamin B5: 1.25mg (12.48%), Vitamin E: 1.86mg (12.39%), Vitamin B1: 0.18mg (12.02%), Vitamin B2: 0.16mg (9.41%), Vitamin K: 7.52µg (7.16%), Zinc: 0.97mg (6.47%), Vitamin A: 255.86IU (5.12%), Calcium: 45.86mg (4.59%)