



WHATSHEATE



HEALTH SCORE

55%

Miso pollack with cucumber & spring onion salad



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



2

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber with a potato peeler peeled
- ☐ 3 lime juiced cut into wedges
- ☐ 1 tsp soy sauce low-sodium
- ☐ 2 tbsp miso white
- ☐ 4 oz radishes sliced
- ☐ 1 to 5 chilies red deseeded chopped (if you like)
- ☐ 4 tbsp rice vinegar

- ☐ 1 tsp sesame oil
- ☐ 1 bunch spring onion sliced
- ☐ 250 g filets

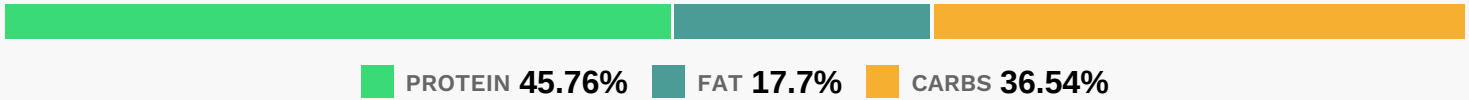
Equipment

- ☐ frying pan

Directions

- ☐ Mix together the miso paste, soy sauce and half the vinegar. Cover the fish in the marinade and leave for at least 15 mins, or ideally overnight in the fridge.
- ☐ Mix the spring onions, cucumber, beansprouts and radishes. Make a dressing with the chilli, lime juice and remaining vinegar.
- ☐ Pour over the salad and set aside while you cook the fish.
- ☐ Heat the sesame oil in a frying pan and cook the fish for 3–4 mins each side.
- ☐ Remove and transfer to a plate. Tip the marinade into the pan, bring to the boil and boil rapidly to reduce by half.
- ☐ Pour over the fish and serve with the salad.

Nutrition Facts



Properties

Glycemic Index:133.5, Glycemic Load:5.97, Inflammation Score:-8, Nutrition Score:21.977391450301%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Hesperetin: 43.22mg, Hesperetin: 43.22mg, Hesperetin: 43.22mg, Hesperetin: 43.22mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 223.99kcal (11.2%), Fat: 4.62g (7.1%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 15.61g (5.68%), Sugar: 6.34g (7.04%), Cholesterol: 53.75mg (17.92%), Sodium: 827.16mg (35.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.7%), Vitamin C: 75.88mg (91.97%), Selenium: 43.73µg (62.47%), Vitamin K: 40.14µg (38.23%), Phosphorus: 345.67mg (34.57%), Vitamin B6: 0.59mg (29.36%), Potassium: 1004.06mg (28.69%), Fiber: 5.83g (23.33%), Magnesium: 78.56mg (19.64%), Vitamin B12: 1.15µg (19.18%), Manganese: 0.36mg (17.78%), Vitamin B3: 3.48mg (17.39%), Copper: 0.3mg (14.77%), Folate: 58.72µg (14.68%), Vitamin B1: 0.2mg (13.05%), Iron: 2.31mg (12.85%), Vitamin B2: 0.22mg (12.77%), Calcium: 101.9mg (10.19%), Zinc: 1.52mg (10.16%), Vitamin A: 506.85IU (10.14%), Vitamin E: 1.31mg (8.73%), Vitamin B5: 0.8mg (8.03%), Vitamin D: 1.13µg (7.5%)