



Mohinga

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons anchovy paste
- 3 tablespoons canola oil divided
- 1 teaspoon pepper red crushed
- 2 pounds farm-raised catfish fillets
- 1.5 tablespoons fish sauce
- 6 tablespoons cilantro leaves fresh chopped
- 2 inch ginger fresh divided peeled
- 0.3 cup garbanzo bean flour

- 6 garlic cloves divided peeled
- 4 green onion tops chopped
- 1.5 teaspoons ground turmeric divided
- 1 teaspoon hungarian paprika sweet
- 4 lemongrass stalks divided trimmed
- 1 lime cut into 6 wedges
- 5 ounces rice noodles uncooked
- 2.5 cups shallots thinly sliced lengthwise
- 10 small shallots divided halved
- 1 teaspoon sugar
- 4.8 cups water divided

Equipment

- food processor
- bowl
- frying pan
- ladle
- whisk
- sieve
- dutch oven

Directions

- Heat a large skillet over medium heat.
- Add 2 tablespoons oil; swirl to coat.
- Sprinkle sugar over oil; cook 1 minute or until sugar melts.
- Add thinly sliced shallots, stirring to coat. Cook 15 minutes or until golden brown, stirring frequently. Set caramelized shallots aside.
- Crush 3 garlic cloves.
- Cut 2 lemongrass stalks in half lengthwise.

- Combine crushed garlic, halved lemongrass stalks, 4 cups water, 1 teaspoon turmeric, anchovy paste, and 2 ginger slices in a large Dutch oven.
- Add fish; bring to boil over high heat. Cover, reduce heat, and simmer 10 minutes or until fish flakes when tested with a fork.
- Remove fish from pan. Strain broth through a sieve into a large bowl, reserving 4 cups stock, discarding solids.
- Coarsely chop white portion of remaining 2 lemongrass stalks; reserve green portion for another use.
- Place chopped lemongrass, remaining 3 garlic cloves, remaining 2 ginger slices, crushed red pepper, and 7 shallots in a food processor; process until a coarse paste forms.
- Place garbanzo bean flour in skillet; cook over medium heat 2 minutes or until fragrant and slightly darker in color, stirring constantly with a whisk.
- Pour flour into a small bowl; set aside.
- Add 1 tablespoon oil to Dutch oven; swirl to coat.
- Add shallot paste, and cook 2 minutes or until fragrant, stirring occasionally. Return fish to pan; cook 3 minutes, stirring gently to coat with paste.
- Remove fish mixture from pan; set aside.
- Add remaining 1/2 teaspoon turmeric, reserved fish stock, fish sauce, and paprika to pan; bring to a boil. Gradually add remaining 3/4 cup water to garbanzo bean flour, stirring with a whisk until smooth. Gradually add flour mixture to boiling stock mixture, stirring constantly with a whisk. Return to a boil. Reduce heat, and simmer 12 minutes or until slightly thick, stirring occasionally.
- Add remaining 3 halved shallots; simmer 10 minutes or until shallots are tender.
- Add fish mixture; simmer just until hot.
- Cook noodles in boiling water 2 minutes or until tender; drain. Spoon 1/2 cup noodles into each of 6 bowls. Ladle 1 1/3 cups soup into each bowl, ensuring each serving gets a shallot half. Top each serving with 2 tablespoons caramelized shallots, 1 tablespoon cilantro, and about 1 tablespoon green onions.
- Serve with lime wedges.

Nutrition Facts



■ PROTEIN **28.47%** ■ FAT **24.89%** ■ CARBS **46.64%**

Properties

Glycemic Index:68.35, Glycemic Load:19.56, Inflammation Score:-10, Nutrition Score:27.869130383367%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 438.42kcal (21.92%), Fat: 12.25g (18.84%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 45.26g (16.46%), Sugar: 12.93g (14.37%), Cholesterol: 88.97mg (29.66%), Sodium: 554.3mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.05%), Vitamin D: 18.93µg (126.17%), Vitamin B12: 3.41µg (56.78%), Manganese: 0.95mg (47.61%), Phosphorus: 473.59mg (47.36%), Vitamin B6: 0.79mg (39.26%), Selenium: 26.82µg (38.32%), Potassium: 1188.32mg (33.95%), Vitamin B1: 0.45mg (30.3%), Fiber: 6.39g (25.54%), Folate: 97.41µg (24.35%), Vitamin K: 25.36µg (24.15%), Magnesium: 94.33mg (23.58%), Vitamin C: 18.44mg (22.35%), Vitamin B3: 3.95mg (19.74%), Iron: 3.51mg (19.53%), Vitamin B5: 1.69mg (16.93%), Copper: 0.32mg (16.14%), Zinc: 1.92mg (12.83%), Vitamin E: 1.7mg (11.33%), Calcium: 111.06mg (11.11%), Vitamin B2: 0.18mg (10.63%), Vitamin A: 460.22IU (9.2%)