



Monkfish Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups canned tomatoes canned drained chopped (one 28-ounce can)
- ☐ 0.1 teaspoon cayenne
- ☐ 2 tablespoons cooking oil
- ☐ 1.3 cups couscous
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 1.5 pounds monkfish fillet cut into 1-inch pieces
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon saffron threads packed
- ☐ 1.5 teaspoons salt
- ☐ 3 cups water

Equipment


- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderately low heat.
- ☐ Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- ☐ Add enough water to the reserved tomato juice to equal 2 cups.
- ☐ Add this to the onion mixture along with the tomatoes, 1 teaspoon of the salt, the cumin, black pepper, and cayenne. Crumble in the saffron. Bring to a boil, reduce the heat, and simmer, covered, for 10 minutes.
- ☐ Add the monkfish. Cook until the fish is just done, 3 to 4 minutes. Stir in 2 tablespoons of the parsley.
- ☐ Meanwhile, in a medium saucepan, bring 2 cups of water and the remaining 1/2 teaspoon salt to a boil. Stir in the couscous. Cover, remove from the heat, and let sit for 5 minutes.
- ☐ To serve, mound the couscous onto plates and top with the fish and vegetables. Ladle the liquid over the top and sprinkle with the remaining 1 tablespoon parsley.
- ☐ Wine Recommendation: No meek-spirited white wine for this fish! Choose a full-bodied white with earthy, as opposed to fruity, flavor. Candidates include white Rhne wines from France, southern Italian whites, such as Greco di Tufo, and even Greek whites.

Nutrition Facts



 PROTEIN **29.1%**  FAT **19.39%**  CARBS **51.51%**

Properties

Glycemic Index:82.75, Glycemic Load:32.32, Inflammation Score:-8, Nutrition Score:30.043477970621%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 492.66kcal (24.63%), Fat: 10.68g (16.43%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 63.83g (21.28%), Net Carbohydrates: 56.23g (20.45%), Sugar: 10.54g (11.72%), Cholesterol: 42.52mg (14.17%), Sodium: 1200.47mg (52.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Selenium: 63.84µg (91.21%), Vitamin K: 65.83µg (62.7%), Phosphorus: 520.8mg (52.08%), Manganese: 0.99mg (49.37%), Vitamin B6: 0.86mg (42.8%), Potassium: 1470.12mg (42%), Vitamin B3: 8.28mg (41.39%), Vitamin C: 27.99mg (33.92%), Copper: 0.63mg (31.63%), Fiber: 7.6g (30.38%), Magnesium: 111.31mg (27.83%), Vitamin E: 3.93mg (26.2%), Vitamin B12: 1.53µg (25.51%), Iron: 4.39mg (24.41%), Vitamin B1: 0.32mg (21.13%), Vitamin B5: 1.62mg (16.22%), Vitamin A: 806.71IU (16.13%), Vitamin B2: 0.27mg (15.98%), Folate: 60.94µg (15.24%), Zinc: 1.89mg (12.59%), Calcium: 122.83mg (12.28%)