



Orange Roughy on Rice with Thai-Spiced Coconut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon brown sugar
- 0.3 cup chicken broth low-sodium homemade canned
- 2 tablespoons cooking oil
- 0.3 cup flour
- 0.3 teaspoon fresh-ground pepper black
- 1 cup jasmine long-grain
- 4 lime wedges for serving

- 1.5 pounds orange-roughy fillets
- 0.8 teaspoon salt
- 1 tablespoon soya sauce (see Notes)
- 2 teaspoons thai curry paste yellow (see Notes)
- 1 pinch turmeric
- 1.7 cups coconut milk unsweetened canned
- 1.5 cups water

Equipment

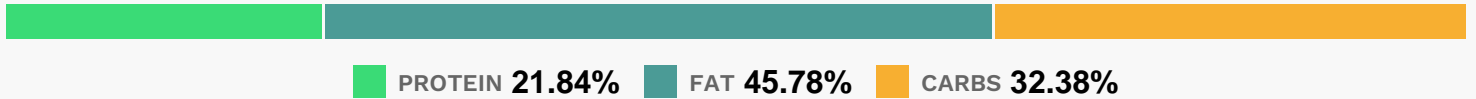
- bowl
- frying pan
- sauce pan
- whisk

Directions

- Rinse the rice until the water runs clear.
- Put the rice in a small saucepan with the water. Bring to a boil, reduce the heat to low, and cook, covered, for 15 minutes.
- Remove the pan from the heat and let sit, without removing the lid, for 10 minutes.
- In a medium saucepan, heat the thick coconut milk from the top of the can over moderate heat.
- Add the curry paste and cook, stirring, for 3 minutes.
- Whisk in the remaining coconut milk, the broth, fish sauce, brown sugar, turmeric, and 1/4 teaspoon of the salt and bring to a simmer. Cook, stirring frequently, until slightly thickened, about 7 minutes.
- In a shallow bowl, combine the flour, the remaining 1/2 teaspoon salt, and the pepper. Coat the fish with the flour mixture and shake off any excess. In a large nonstick frying pan, heat the oil over moderately high heat.
- Put the fish in the pan, skinned-side down, and cook until golden, about 3 minutes. Turn and continue cooking until just done, about 2 minutes longer for 1-inch-thick fillets. Mound the rice on plates and top with the fish and the sauce.

- Sprinkle with the cilantro, if using, and serve with the lime wedges.
- Wine Recommendation: The perfumed heat of this dish with its full-bodied coconut sauce makes a cold beer a great companion. If you prefer wine, experiment with a moderately priced sparkling one from California.
- Notes: Thai curry paste and Asian fish sauce are available at Asian markets and many supermarkets

Nutrition Facts



Properties

Glycemic Index:51.3, Glycemic Load:27.03, Inflammation Score:-7, Nutrition Score:21.183478251747%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 635.6kcal (31.78%), Fat: 32.72g (50.33%), Saturated Fat: 21.86g (136.6%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 48.42g (17.61%), Sugar: 5.06g (5.62%), Cholesterol: 102.06mg (34.02%), Sodium: 940.27mg (40.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.11g (70.22%), Selenium: 129.79µg (185.41%), Manganese: 1.59mg (79.46%), Phosphorus: 353.39mg (35.34%), Copper: 0.55mg (27.37%), Vitamin B3: 4.98mg (24.88%), Iron: 4.37mg (24.29%), Vitamin E: 3.51mg (23.42%), Magnesium: 89.6mg (22.4%), Folate: 82µg (20.5%), Potassium: 660.55mg (18.87%), Fiber: 3.65g (14.58%), Vitamin B1: 0.18mg (11.9%), Vitamin B6: 0.23mg (11.47%), Vitamin B12: 0.69µg (11.46%), Zinc: 1.68mg (11.21%), Vitamin A: 523.04IU (10.46%), Vitamin C: 8.28mg (10.03%), Vitamin B2: 0.15mg (8.83%), Vitamin B5: 0.82mg (8.2%), Vitamin K: 6.67µg (6.35%), Calcium: 61.95mg (6.2%)