



Pink fishballs in spicy lentil gravy

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium slices sandwich bread white
- ☐ 450 g salmon fillet cut into rough chunks
- ☐ 1 egg whites
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp curry paste
- ☐ 1 small onion finely chopped
- ☐ 2 bell pepper red finely chopped
- ☐ 500 g tomatoes

☐ 50 g lentils red

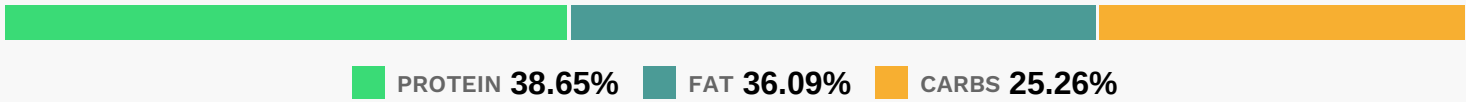
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a food processor, whizz the bread to fine crumbs. Set aside, then whizz the salmon.
- ☐ Add the crumbs and egg white, then pulse to combine. Season. Divide into 12 balls and chill for 30 mins. Can be frozen at this stage for up to 1 month.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat the oil in a non-stick frying pan.
- ☐ Add the fishballs and fry for 1-2 mins until lightly browned.
- ☐ Transfer to a baking tray, bake for 15 mins until golden.
- ☐ Wipe the pan, add korma paste and onion, and cook for 5 mins, stirring regularly.
- ☐ Add peppers and cook for 2 mins.
- ☐ Add passata and lentils, bring to the boil, then simmer for 20 mins. Coat fishballs in the gravy and serve.

Nutrition Facts



Properties

Glycemic Index:49.09, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:33.095217621845%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol:

0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 293.66kcal (14.68%), Fat: 11.79g (18.14%), Saturated Fat: 1.92g (12%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 11.41g (4.15%), Sugar: 7.39g (8.22%), Cholesterol: 61.88mg (20.63%), Sodium: 74.62mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.81%), Vitamin C: 95.76mg (116.07%), Vitamin A: 4135.67IU (82.71%), Vitamin B6: 1.28mg (64.14%), Selenium: 43.86µg (62.66%), Vitamin B12: 3.58µg (59.74%), Vitamin B3: 10.55mg (52.73%), Folate: 138.3µg (34.58%), Vitamin B2: 0.57mg (33.36%), Phosphorus: 333.61mg (33.36%), Potassium: 1130.81mg (32.31%), Vitamin B1: 0.45mg (30.18%), Fiber: 7.15g (28.59%), Vitamin B5: 2.48mg (24.78%), Copper: 0.44mg (21.96%), Manganese: 0.42mg (20.99%), Magnesium: 71.47mg (17.87%), Iron: 2.71mg (15.05%), Vitamin K: 15.59µg (14.85%), Vitamin E: 2.18mg (14.57%), Zinc: 1.72mg (11.43%), Calcium: 53.31mg (5.33%)