



Poached fish with ginger & sesame broth



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



2

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



500 ml weak fish stock



1 tbsp rice wine vinegar



2 slices ginger



2 garlic cloves shredded



85 g soya beans frozen



100 g tenderstem broccoli halved



4 leaves pak choi chinese sliced



3 spring onion sliced

- ☐ 2 fillet chunky fish white such as haddock or sustainable cod
- ☐ 3 drops sesame oil
- ☐ 0.5 tsp sesame seed toasted

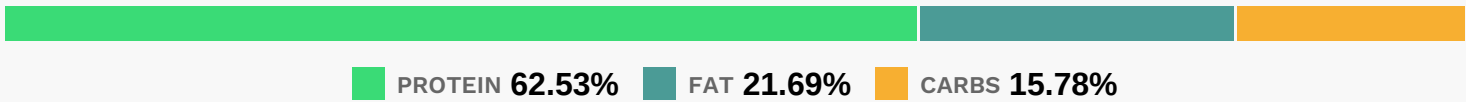
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ wok

Directions

- ☐ Pour the stock into a deep saut pan or wok with the vinegar, then add the ginger and garlic. Cover and cook for 5 mins to allow the flavours to mingle.
- ☐ Add the soya beans, broccoli and the fleshy part of the Chinese leaves, then place the spring onions and fish on top. Cover and cook for 4–5 mins more until the fish just flakes. Carefully lift the fish off, discard the ginger, and stir in the remaining Chinese leaf and the sesame oil. Ladle into bowls, top with the fish and sprinkle with the seeds.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:32.917826403742%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 269.69kcal (13.48%), Fat: 6.58g (10.12%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 7.92g (2.88%), Sugar: 1.9g (2.11%), Cholesterol: 85mg (28.33%), Sodium: 949.41mg (41.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.66g (85.32%), Selenium: 75.01µg (107.16%), Vitamin K:

104.15µg (99.19%), Vitamin C: 70.54mg (85.51%), Vitamin B3: 10.78mg (53.9%), Vitamin B12: 2.94µg (49.06%), Phosphorus: 441.23mg (44.12%), Folate: 155.91µg (38.98%), Vitamin D: 5.27µg (35.13%), Vitamin A: 1752.63IU (35.05%), Potassium: 1125.02mg (32.14%), Vitamin B6: 0.5mg (24.92%), Magnesium: 82.81mg (20.7%), Calcium: 190.41mg (19.04%), Copper: 0.37mg (18.42%), Vitamin B2: 0.28mg (16.6%), Iron: 2.95mg (16.41%), Manganese: 0.31mg (15.62%), Vitamin B5: 1.17mg (11.75%), Fiber: 2.85g (11.39%), Vitamin E: 1.61mg (10.74%), Zinc: 1.4mg (9.32%), Vitamin B1: 0.14mg (9.12%)