



Red Snapper on Rice with Red-Curry Carrot Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons asian fish sauce (nam pla or nuoc mam)
- ☐ 1.8 teaspoons brown sugar
- ☐ 0.8 pound carrots cut into 1/4-inch pieces (4)
- ☐ 2.5 cups chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 1 clove garlic smashed
- ☐ 1 cup jasmine long-grain

- ☐ 4 servings lime wedges for serving
- ☐ 2 pounds snapper fillets red
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons thai curry paste red
- ☐ 1.5 cups water
- ☐ 1.3 cups milk whole

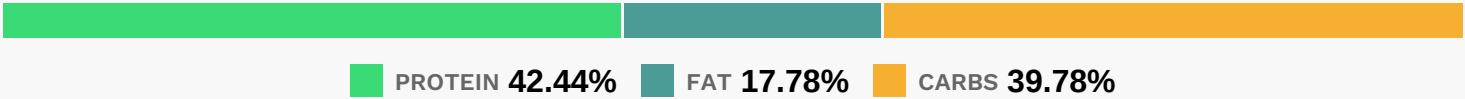
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

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.
- ☐ Meanwhile, in a medium saucepan, bring the carrots, garlic, and broth to a boil. Cook, covered, over moderately low heat until the carrots are tender, about 15 minutes. Puree the carrots, garlic, and broth in a blender and pour back into the pan.
- ☐ Add the milk, fish sauce, curry paste, brown sugar, and 1/2 teaspoon of the salt and bring to a simmer, stirring occasionally.
- ☐ In a large nonstick frying pan, heat the oil over moderately high heat. Season the fish with the remaining 1/4 teaspoon salt. Cook the fish, skin-side down, until golden, about 4 minutes. Turn, reduce the heat to moderate, and continue cooking until just done, about 4 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: Very few wines mesh as well with Asian spiciness as riesling; it's the clear choice here. Go for an off-dry one from Washington State.
- ☐ Notes: Asian fish sauce and red Thai curry paste are available at Asian markets and many supermarkets

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:26.4, Inflammation Score:-10, Nutrition Score:36.544782887334%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 543.35kcal (27.17%), Fat: 10.52g (16.18%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 49.84g (18.12%), Sugar: 10.05g (11.16%), Cholesterol: 93.06mg (31.02%), Sodium: 1250.38mg (54.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.48g (112.96%), Vitamin A: 14868.83IU (297.38%), Vitamin D: 23.97µg (159.81%), Selenium: 95.9µg (137%), Vitamin B12: 7.4µg (123.26%), Phosphorus: 655.14mg (65.51%), Vitamin B6: 1.2mg (59.94%), Potassium: 1538.19mg (43.95%), Manganese: 0.69mg (34.4%), Magnesium: 118.08mg (29.52%), Vitamin B5: 2.7mg (27.03%), Vitamin E: 3.44mg (22.95%), Calcium: 224.88mg (22.49%), Vitamin B3: 4.49mg (22.43%), Vitamin B1: 0.24mg (15.88%), Copper: 0.3mg (15.06%), Vitamin B2: 0.23mg (13.71%), Vitamin K: 14.24µg (13.56%), Zinc: 2.02mg (13.46%), Fiber: 3.1g (12.38%), Vitamin C: 9.36mg (11.35%), Folate: 34.76µg (8.69%), Iron: 1.48mg (8.22%)