



Roast sea bass with chilli & lime leaves



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fennel bulb halved very thinly sliced
- ☐ 5 tbsp cilantro leaves fresh chopped
- ☐ 4 garlic clove crushed
- ☐ 4 tsp lemon grass very finely chopped
- ☐ 3 kaffir lime leaves shredded finely
- ☐ 1 to 5 chillies fresh red deseeded finely chopped
- ☐ 2 onion red very thinly sliced
- ☐ 2 tbsp unrefined sunflower oil

- ☐ 4 tbsp thai fish sauce
- ☐ 1350 g sea bass fillets
- ☐ 6 spring onion for tying (see 'try' below)

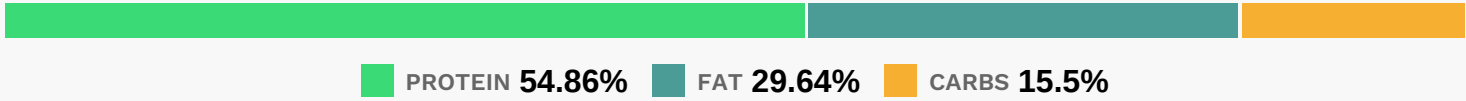
Equipment

- ☐ oven

Directions

- ☐ Mix all the dressing ingredients together,then set aside.2
- ☐ Heat the oil, then fry the onions and fennel with the chilli, lime leaves and lemongrass for 10 mins, or until the onion and fennel are completely tender. Stir in the coriander.3
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Spoon the dressing over the fish, then roast for 12–15 mins or until the fish is cooked.
- ☐ Serve with jasmine rice to soak up the delicious juices.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:4.27, Inflammation Score:-9, Nutrition Score:37.944347630376%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg

Nutrients (% of daily need)

Calories: 469.92kcal (23.5%), Fat: 15.26g (23.48%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 12.68g (4.61%), Sugar: 8.64g (9.59%), Cholesterol: 270mg (90%), Sodium: 1713.61mg (74.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.57g (127.15%), Vitamin B12: 12.98µg (216.32%), Selenium: 126.52µg (180.74%), Vitamin K: 114.51µg (109.06%), Phosphorus: 761.3mg (76.13%), Vitamin B6: 1.31mg (65.57%), Magnesium: 199.56mg (49.89%), Vitamin C: 38.85mg (47.09%), Potassium: 1588.29mg (45.38%), Vitamin B3:

8.59mg (42.94%), Vitamin B5: 2.95mg (29.49%), Manganese: 0.54mg (27.07%), Vitamin B1: 0.4mg (26.78%), Vitamin E: 3.76mg (25.04%), Iron: 4.47mg (24.83%), Folate: 96.85µg (24.21%), Fiber: 5.28g (21.1%), Vitamin A: 784.42IU (15.69%), Calcium: 149.29mg (14.93%), Copper: 0.25mg (12.73%), Zinc: 1.87mg (12.48%), Vitamin B2: 0.19mg (11.37%)