



 **100%**
HEALTH SCORE

Roast whole fish with salsa romesco



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



1389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium size sea bream whole white for you (ask your fishmonger to do this)
- ☐ 2 optional: lemon sliced
- ☐ 2 servings baby potatoes
- ☐ 3 bell pepper red deseeded cut into quarters
- ☐ 600 g tomatoes red ripe roughly chopped
- ☐ 1 garlic clove crushed
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 handful parsley separated

- ☐ 50 g hazelnuts crushed
- ☐ 1 tbsp sherry vinegar
- ☐ 3 tbsp olive oil extra virgin extra-virgin for drizzling

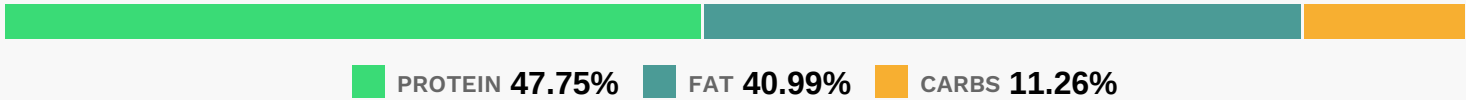
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the grill to high.
- ☐ Put the peppers, skin-side up, onto a baking tray and grill for about 20 mins until the skins blacken all over.
- ☐ Put them into a food bag, seal, then leave for 10 mins. Once cool, peel away the skins. Tear the flesh into strips.
- ☐ Mix with the tomatoes, garlic and chilli in a bowl. Roughly chop most of the parsley leaves and add to the bowl with the hazelnuts, vinegar and oil, then stir well. This salad matures well, and tastes even better if you can make it a few hours ahead.
- ☐ When ready to cook, heat oven to 200C/180C fan/gas
- ☐ Rinse and dry the fish, score the flesh on each side, then put the parsley stalks and a few lemon slices into the cavities. Put a few more lemon slices in an oiled baking dish and lay the fish on top. Season the fish well, drizzle with more olive oil, scatter with remaining parsley, then roast for 20 mins, until the flesh flakes easily.
- ☐ Serve the fish from the dish, set the bowl of salad and the potatoes alongside, then dig in.

Nutrition Facts



Properties

Glycemic Index:150.63, Glycemic Load:8.4, Inflammation Score:-10, Nutrition Score:37.686086623565%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 2.63mg, Naringenin: 2.63mg, Naringenin: 2.63mg, Naringenin: 2.63mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 1388.51kcal (69.43%), Fat: 63.88g (98.28%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 26.22g (9.53%), Sugar: 20.4g (22.67%), Cholesterol: 0mg (0%), Sodium: 928.78mg (40.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 167.44g (334.89%), Vitamin C: 364.09mg (441.32%), Vitamin A: 8499.43IU (169.99%), Manganese: 2.19mg (109.67%), Vitamin K: 84.63µg (80.6%), Vitamin E: 11.55mg (76.99%), Vitamin B6: 1.12mg (56.19%), Fiber: 13.25g (53.02%), Folate: 175.66µg (43.91%), Potassium: 1503.55mg (42.96%), Copper: 0.72mg (35.78%), Vitamin B1: 0.43mg (28.87%), Magnesium: 110.89mg (27.72%), Phosphorus: 222.49mg (22.25%), Vitamin B3: 4.41mg (22.07%), Iron: 3.94mg (21.89%), Vitamin B2: 0.28mg (16.58%), Vitamin B5: 1.33mg (13.33%), Zinc: 1.74mg (11.57%), Calcium: 108.48mg (10.85%), Selenium: 1.54µg (2.2%)