



Salt & pepper quails with Thai herb & bean salad

 Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 piece thumb-size ginger roughly chopped
- ☐ 4 coriander sprigs roughly chopped
- ☐ 1 garlic clove roughly chopped
- ☐ 1 tsp peppercorns white
- ☐ 2 tbsp vegetable oil for frying
- ☐ 2 tsp flour
- ☐ 1 large chilli shredded red finely

- ☐ 6 a handful green beans (good cut into lengths if using snake beans) – see tip
- ☐ 0.5 tsp lime leaves (shredded finely)
- ☐ 1 small handful coriander (leaves picked)
- ☐ 9 servings mint sprigs (leaves picked)
- ☐ 2 small thai shallots (sliced)
- ☐ 1 spring onion (thinly sliced)
- ☐ 1 small chilli (shredded red)
- ☐ 2 tbsp fish sauce
- ☐ 2 tbsp juice of lime
- ☐ 4 tsp brown sugar (light soft)
- ☐ 4 quails
- ☐ 4 quails

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle

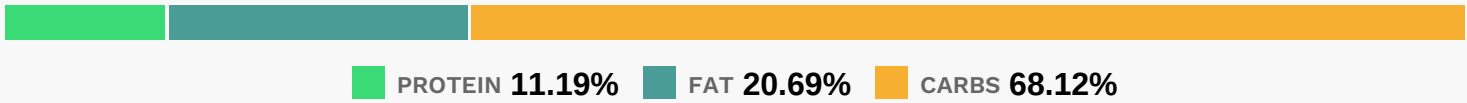
Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put all the rub ingredients in a mortar and use a pestle to grind them together, then rub some inside each quail.
- ☐ For the paste, again grind 1 tsp sea salt and the pepper together in a mortar using a pestle, then stir in the oil and flour.
- ☐ Heat a little vegetable oil in a heavybased frying pan and carefully brown the quails all over in batches if you need. Lift into a roasting tin, rub all over with the salt and pepper paste, then roast in the oven for 10–15 mins until golden and cooked to your liking.
- ☐ For the salad, pound the dressing ingredients together using a mortar and pestle.

☐

Mix all the salad ingredients in a bowl. Just before serving, toss the dressing with the salad and serve alongside the quail and rice.

Nutrition Facts



Properties

Glycemic Index:191, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:16.13826084137%

Flavonoids

Eriodictyol: 1.72mg, Eriodictyol: 1.72mg, Eriodictyol: 1.72mg, Eriodictyol: 1.72mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 130.11kcal (6.51%), Fat: 3.24g (4.99%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 20.55g (7.47%), Sugar: 12.28g (13.64%), Cholesterol: 0mg (0%), Sodium: 1429.32mg (62.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin C: 80.73mg (97.85%), Vitamin K: 76.34µg (72.71%), Vitamin A: 1242.43IU (24.85%), Manganese: 0.48mg (23.85%), Vitamin B6: 0.46mg (23.08%), Magnesium: 64.38mg (16.09%), Fiber: 3.48g (13.9%), Folate: 53.87µg (13.47%), Potassium: 439.68mg (12.56%), Iron: 2.14mg (11.87%), Copper: 0.18mg (8.85%), Vitamin B3: 1.51mg (7.57%), Calcium: 67.61mg (6.76%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 62.8mg (6.28%), Vitamin E: 0.8mg (5.35%), Selenium: 3.42µg (4.89%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.09µg (1.44%)