



Scallion Fish with Sesame Kale



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 6 sprigs cilantro leaves separated
- ☐ 10 ounce fish fillet white firm (such as branzino)
- ☐ 1 garlic clove thinly sliced
- ☐ 1 tablespoon ginger peeled finely chopped
- ☐ 1 bunch kale cut into 1" strips
- ☐ 0.5 cup kimchi chopped
- ☐ 0.5 teaspoon kosher salt plus more

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon soy sauce reduced-sodium
- ☐ 2 spring onion white green separated thinly sliced
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1 pinch sugar
- ☐ 1 tablespoon vegetable oil

Equipment

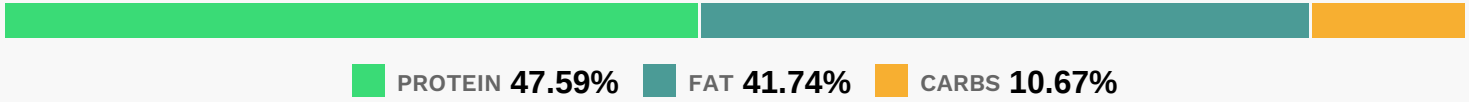
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Heat vegetable oil in a small skillet over medium-high heat.
- ☐ Add 1 tablespoon chopped ginger and cook, stirring, until fragrant, about 1 minute.
- ☐ Transfer ginger to a small bowl; mix in soy sauce, lemon juice, sesame oil, and sugar. Set sauce aside.
- ☐ Line a large steamer basket with scallion whites, cilantro stems, and sliced ginger. Set scallion greens and cilantro leaves aside.
- ☐ Using a small knife, score skin side of fish at 1" intervals; season with salt and place in steamer, skin side up. Set steamer in a large pot filled with 1" of simmering water and cover; steam fish until cooked through, 6–8 minutes.
- ☐ Heat vegetable oil in a large skillet over medium-high heat.
- ☐ Add garlic and cook, stirring, until softened, about 1 minute.
- ☐ Add kale, 1/2 teaspoon salt, and 1/4 cup water. Cover and cook, tossing occasionally, until leaves are tender and bright green, about 2 minutes.
- ☐ Mix in kimchi, if using, and sesame oil; season with salt and pepper.

- ☐ Spoon sauce over fish, top with reserved scallion greens and cilantro leaves, and serve with sesame kale.
- ☐ Per serving: 320 calories, 17 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:121.55, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:32.449565431346%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.59mg, Kaempferol: 30.59mg, Kaempferol: 30.59mg, Kaempferol: 30.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.53mg, Quercetin: 19.53mg, Quercetin: 19.53mg, Quercetin: 19.53mg

Nutrients (% of daily need)

Calories: 259.18kcal (12.96%), Fat: 12.45g (19.16%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 3.34g (1.21%), Sugar: 1.9g (2.11%), Cholesterol: 70.87mg (23.62%), Sodium: 1126.48mg (48.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Vitamin K: 326.5µg (310.95%), Vitamin A: 7090.73IU (141.81%), Selenium: 60.4µg (86.29%), Vitamin C: 67.34mg (81.63%), Vitamin B12: 2.24µg (37.33%), Vitamin B3: 6.89mg (34.43%), Phosphorus: 308.58mg (30.86%), Manganese: 0.61mg (30.51%), Vitamin D: 4.39µg (29.29%), Folate: 106.05µg (26.51%), Vitamin B2: 0.42mg (24.63%), Potassium: 820.85mg (23.45%), Vitamin B6: 0.44mg (22.16%), Calcium: 208.65mg (20.87%), Magnesium: 75.77mg (18.94%), Iron: 3.02mg (16.79%), Fiber: 3.82g (15.29%), Vitamin E: 1.9mg (12.64%), Vitamin B1: 0.15mg (10.26%), Copper: 0.19mg (9.58%), Vitamin B5: 0.85mg (8.46%), Zinc: 0.96mg (6.42%)