



## Seared red mullet with à la Grecque vegetables & basmati pilaf



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 mullet red (see step by step)
- ☐ 2 large banana shallots
- ☐ 2 garlic clove
- ☐ 2 carrots
- ☐ 1 fennel bulb
- ☐ 150 ml olive oil
- ☐ 1 pinch saffron threads good

- ☐ 3 cardamom pods
- ☐ 1 bay leaves
- ☐ 250 g cherry tomatoes halved
- ☐ 100 ml balsamic vinegar
- ☐ 1 large handful cilantro leaves fresh roughly chopped
- ☐ 250 g rice
- ☐ 1 orange zest grated
- ☐ 1 lemon zest grated
- ☐ 1 lime zest grated
- ☐ 1 tsp chia seeds crushed
- ☐ 0.5 tsp coriander seeds crushed
- ☐ 0.5 tsp fennel seeds crushed
- ☐ 2 cardamom pods crushed
- ☐ 1 cinnamon sticks
- ☐ 4 star anise
- ☐ 2 tbsp olive oil
- ☐ 1 onion sliced
- ☐ 150 ml wine dry white
- ☐ 450 ml fish stock with the bones or use a ready made stock)

## Equipment

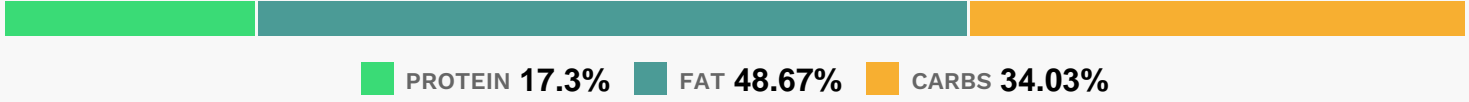
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ peeler

## Directions

- ☐ Using a very sharp filleting knife, make a cut at the head on a slant, then turn the fish and cut under the dorsal (top) fin.
- ☐ Press the fish down firmly with one hand, bending it slightly along the back so that the flesh is taut. Then slide the knife in at the top of the backbone.
- ☐ Cut down against the rib cage at a downward slant.
- ☐ Letting the knife do the work, push the tip against the centre of the bone, working your way down to the tail. Turn the fish over and repeat on the other side.
- ☐ Trim the fillets neatly.
- ☐ Remove the pin bones using your fingernails or tweezers. In the restaurant kitchen, we use a straight-sided potato peeler, hooking the bone head and twisting it out. After filleting and pin-boning, pat dry (do not rinse or you'll lose flavour).
- ☐ Thinly slice the shallots, garlic and carrots. Quarter and core the fennel then slice the fennel quarters as thinly as you can use a mandolin, if possible.
- ☐ Heat 3 tbsp oil in a sauté frying pan and fry the vegetables together for 5 mins with the saffron, cardamom and bay leaf.
- ☐ Add 2 tbsp oil and continue cooking for 5 mins. Season well, remove from the heat and stir in the tomatoes, vinegar, 3 tbsp oil, and coriander.
- ☐ Heat 2 tbsp oil in a non-stick frying pan and, when hot, lay in the fillets, skin-side down. Season and cook for 2 mins, then carefully turn and cook for 1-2 mins but no more, the flesh should be slightly undercooked.
- ☐ Remove from the heat.
- ☐ Tip half the vegetables into a shallow dish, lay the fillets on top, then cover with the remaining vegetables.
- ☐ Leave to marinate for 10 mins before serving warm. Prepare up to this point up to 1 day ahead and keep in the fridge. Bring to room temperature before serving.
- ☐ Soak the rice in cold water for 5 mins, then drain well and tip into a bowl.
- ☐ Mix in the grated zests.
- ☐ Add all the spices.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Make a cartouche (see tip below).
- ☐ Heat oil in an ovenproof casserole, then sauté onion for 5 mins.

- ☐
- Add rice and wine, boil until evaporated, then add the stock. Bring to the boil.
- ☐
- Top with the cartouche and a well-fitting lid.
- ☐
- Bake for 20 mins, then take out of the oven, uncover, fork the grains, re-cover. Leave to stand for 5 mins, then serve.

# Nutrition Facts



## Properties

Glycemic Index:114.75, Glycemic Load:36.31, Inflammation Score:-10, Nutrition Score:40.011304544366%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 7.35mg, Hesperetin: 7.35mg, Hesperetin: 7.35mg, Hesperetin: 7.35mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

## Nutrients (% of daily need)

Calories: 934.44kcal (46.72%), Fat: 49.11g (75.56%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 77.28g (25.76%), Net Carbohydrates: 69.63g (25.32%), Sugar: 12.41g (13.79%), Cholesterol: 73.5mg (24.5%), Sodium: 541.86mg (23.56%), Alcohol: 3.92g (100%), Alcohol %: 0.76% (100%), Protein: 39.27g (78.54%), Vitamin A: 5767.06IU (115.34%), Manganese: 2.04mg (101.83%), Selenium: 67.1µg (95.85%), Vitamin K: 71.64µg (68.23%), Vitamin B3: 11.76mg (58.81%), Vitamin E: 8.68mg (57.88%), Phosphorus: 549.86mg (54.99%), Vitamin B6: 1.02mg (50.81%), Vitamin C: 40.44mg (49.02%), Potassium: 1417.43mg (40.5%), Fiber: 7.65g (30.58%), Iron: 5.1mg (28.31%), Magnesium: 107.52mg (26.88%), Calcium: 233.15mg (23.31%), Copper: 0.46mg (23.01%), Vitamin B5: 2.24mg (22.42%), Vitamin B1: 0.28mg (18.59%), Folate: 66.51µg (16.63%), Vitamin B2: 0.27mg (16.05%), Zinc: 2.39mg (15.96%), Vitamin D: 2.25µg (15%), Vitamin B12: 0.45µg (7.43%)