



Shark Kabobs over Spiced Cashew Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups basmati long-grain
- 3 bay leaves
- 1 tablespoon butter
- 0.3 cup cilantro leaves chopped
- 2 cinnamon sticks
- 4 tablespoons cooking oil
- 3 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black

- 1 tablespoon juice of lemon
- 4 lemon wedges for serving
- 0.3 cup roasted unsalted chopped
- 1.5 teaspoons salt
- 1.5 pounds shark steak cut into 1-inch cubes
- 0.1 teaspoon turmeric
- 2.3 cups water
- 2 teaspoons mustard seeds black yellow

Equipment

- frying pan
- sauce pan
- skewers
- grill pan

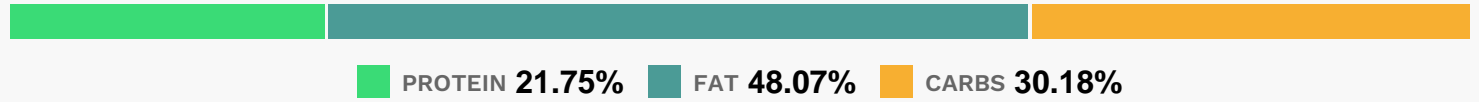
Directions

- Rinse the rice until the water runs clear.
- Put the rice in a medium saucepan with the water, cinnamon sticks, cloves, bay leaves, turmeric, and 1 teaspoon of the salt. Bring to a boil, reduce the heat to low, and cook, covered, for 15 minutes.
- Remove from the heat and let sit, without removing the lid, for 10 minutes.
- In a small frying pan, melt the butter with 2 tablespoons of the oil over moderately high heat.
- Add the mustard seeds and cook, stirring, until they begin to pop, about 30 seconds.
- Add the cashews; cook, stirring, for 30 seconds longer. Gently stir the cashew mixture into the rice with a fork.
- Heat a grill pan or large heavy frying pan over moderately high heat. Thread the shark onto four small skewers; rub with the remaining 2 tablespoons oil, the lemon juice, and garlic.
- Sprinkle with the remaining 1/2 teaspoon salt and the pepper. Cook the kabobs, turning, until just done, about 8 minutes.

Add the cilantro to the rice and mound on plates. Top with the shark kabobs and serve with the lemon wedges.

Wine Recommendation: Try matching this aromatic preparation with that most aromatic of all whites, gewrztraminer. Look for a bottle from Alsace or a slightly less acidic version from California.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:33.94, Inflammation Score:-7, Nutrition Score:26.458260899005%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 797.81kcal (39.89%), Fat: 42.61g (65.56%), Saturated Fat: 13.89g (86.81%), Carbohydrates: 60.21g (20.07%), Net Carbohydrates: 57.53g (20.92%), Sugar: 0.81g (0.9%), Cholesterol: 120.6mg (40.2%), Sodium: 1002.21mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.38g (86.76%), Selenium: 59.71µg (85.3%), Zinc: 9.94mg (66.28%), Manganese: 1.18mg (58.83%), Vitamin B3: 10.44mg (52.21%), Vitamin B12: 2.9µg (48.42%), Vitamin B6: 0.96mg (48.09%), Phosphorus: 380.08mg (38.01%), Vitamin B2: 0.48mg (28.44%), Iron: 4.1mg (22.75%), Vitamin B1: 0.29mg (19.34%), Potassium: 658.88mg (18.83%), Vitamin E: 2.81mg (18.76%), Copper: 0.35mg (17.54%), Vitamin K: 17.86µg (17.01%), Magnesium: 67.93mg (16.98%), Vitamin C: 12.28mg (14.88%), Fiber: 2.68g (10.71%), Vitamin B5: 0.9mg (8.98%), Calcium: 70.13mg (7.01%), Vitamin A: 218.29IU (4.37%), Folate: 17.1µg (4.27%), Vitamin D: 0.23µg (1.53%)