



 **100%**
HEALTH SCORE

Simple grilled fish with Moroccan spiced tomatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large bell pepper red halved deseeded
- 6 large tomatoes ripe
- 50 ml olive oil
- 3 large garlic clove crushed
- 0.3 tsp pepper black
- 1 tbsp paprika
- 2 tsp ground cumin

- 1 pinch ground pepper
- 4 fillet sea bream skinless
- 1 small bunch parsley roughly chopped
- 1 small bunch cilantro leaves roughly chopped

Equipment

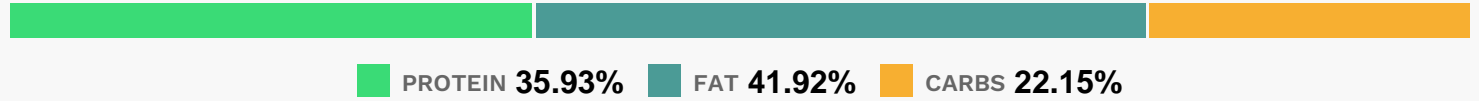
- bowl
- frying pan
- knife
- baking pan
- grill
- aluminum foil
- slotted spoon

Directions

- Heat grill to High.
- Place the peppers, skin side up, on a baking tray and place under the grill for 10-15 mins until black and blistered.
- Remove and place in a bowl covered tightly with cling film to cool.
- Meanwhile, to skin the tomatoes, bring a small pan of water to the boil and fill a large bowl with ice-cold water.
- Cut a small cross into the skin of the bottom of each tomato, then plunge into the hot water, leave for just 10 secs, then scoop out with a slotted spoon and place into the cold water. Repeat with all of the tomatoes then, using a small knife, carefully peel away the skin.
- Cut into quarters, discard the seeds, then dice. When the peppers are cool, remove the burnt skins, then cut the peppers into small pieces.
- Heat the oil in a large pan, add the garlic, spices and tsp ground black pepper, then cook for 2 mins.
- Add the tomatoes and peppers and continue cooking over a medium heat for about 20 mins, or until the tomatoes are very soft. Smash the softened tomatoes with the back of a spoon and continue cooking for another 10 mins, or until the liquid is reduced to a sauce.

- Heat grill to High.
- Place the fish on a baking tray lined with lightly oiled foil. Season, and grill for 4–5 mins until cooked through. Divide the sauce between serving plates, place the fish on top and serve scattered with the chopped herbs.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:26.635217477446%

Flavonoids

Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 369.88kcal (18.49%), Fat: 17.84g (27.45%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 14.04g (5.11%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 200.95mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.41g (68.83%), Vitamin K: 276.05µg (262.9%), Vitamin C: 215.15mg (260.78%), Vitamin A: 8321.91IU (166.44%), Vitamin E: 5.76mg (38.38%), Vitamin B6: 0.66mg (33.09%), Potassium: 1063.85mg (30.4%), Folate: 121.48µg (30.37%), Manganese: 0.59mg (29.74%), Fiber: 7.17g (28.68%), Iron: 3.32mg (18.47%), Vitamin B3: 3.27mg (16.35%), Magnesium: 59.94mg (14.98%), Vitamin B1: 0.2mg (13.18%), Phosphorus: 120.77mg (12.08%), Copper: 0.24mg (11.85%), Vitamin B2: 0.2mg (11.81%), Vitamin B5: 0.76mg (7.59%), Calcium: 74.9mg (7.49%), Zinc: 1.08mg (7.23%)