



## Sole goujons with Thai sauce

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 500 g fish fillet white
- ☐ 6 servings unrefined sunflower oil for deep frying
- ☐ 140 g the flour seasoned plain
- ☐ 1.5 tsp yeast dried
- ☐ 150 ml lager
- ☐ 150 ml seltzer water
- ☐ 50 g green beans trimmed
- ☐ 8 tbsp thai fish sauce

- ☐ 3 tbsp brown sugar soft
- ☐ 2 garlic clove finely grated
- ☐ 3 thai chile red finely chopped
- ☐ 1 ball ginger diced finely
- ☐ 2 juice of lime
- ☐ 6 servings lime wedges

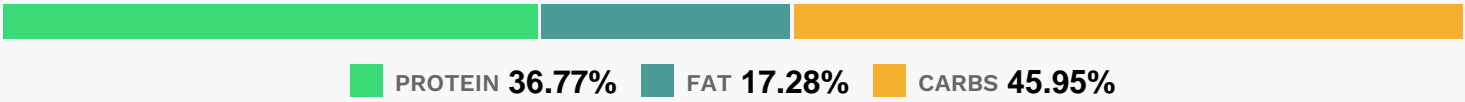
## Equipment

- ☐ sauce pan
- ☐ wok

## Directions

- ☐ First make the batter by mixing the flour with the yeast and some seasoning.
- ☐ Add the lager and enough sparkling water to make a mixture a little thicker than double cream. Cover with cling film and allow to bubble somewhere warm for at least 30 mins.
- ☐ To make the Thai sauce, blanch the beans in boiling water for 2 mins, then drain and refresh under cold water. Slice the beans as finely as possible and set aside. Warm the fish sauce with the sugar until dissolved.
- ☐ Remove from the heat and add the garlic, chillies and ginger while still warm. Allow to infuse for a few mins.
- ☐ Add the green beans and lime juice.
- ☐ Add some water if it tastes a little strong.
- ☐ Cut the fish fillets into finger-width strips and sprinkle very lightly with salt. Fill a deep saucepan, wok or deep-fat fryer one-third full with oil and heat to about 180C or until a cube of bread browns in 20 secs.
- ☐ Roll the fish in the seasoned flour and shake off the excess. Dip into the foaming batter and carefully place into the hot oil. Fry in batches for about 3 mins until crisp, golden and the fish is cooked through.
- ☐ Remove and drain on kitchen paper.
- ☐ Serve with the Thai dipping sauce add some lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:13.383478149124%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 227.98kcal (11.4%), Fat: 4.31g (6.64%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 25.26g (9.19%), Sugar: 7.24g (8.05%), Cholesterol: 41.67mg (13.89%), Sodium: 3012.34mg (130.97%), Alcohol: 0.97g (100%), Alcohol %: 0.55% (100%), Protein: 20.66g (41.32%), Selenium: 37.52µg (53.59%), Iron: 8.79mg (48.84%), Vitamin B12: 1.44µg (23.96%), Vitamin B3: 4.35mg (21.77%), Magnesium: 70.85mg (17.71%), Vitamin D: 2.58µg (17.22%), Phosphorus: 159.06mg (15.91%), Vitamin B6: 0.29mg (14.42%), Folate: 56.22µg (14.05%), Potassium: 383.53mg (10.96%), Vitamin E: 1.55mg (10.36%), Vitamin C: 8.39mg (10.17%), Vitamin B1: 0.14mg (9.12%), Vitamin B2: 0.12mg (6.85%), Manganese: 0.14mg (6.79%), Vitamin B5: 0.6mg (5.98%), Vitamin K: 5.2µg (4.95%), Copper: 0.1mg (4.93%), Calcium: 33.03mg (3.3%), Zinc: 0.46mg (3.07%), Fiber: 0.55g (2.2%), Vitamin A: 83.65IU (1.67%)