



Spicy Singaporean fish



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pepper flakes red deseeded chopped
- ☐ 2 shallots chopped
- ☐ 1 garlic clove chopped
- ☐ 1 lemon grass chopped
- ☐ 1 small knob ginger peeled chopped
- ☐ 2 tsp soya sauce
- ☐ 1 pinch sugar
- ☐ 2 tbsp vegetable oil

- ☐ 2 fillet lemon sole
- ☐ 2 servings chives

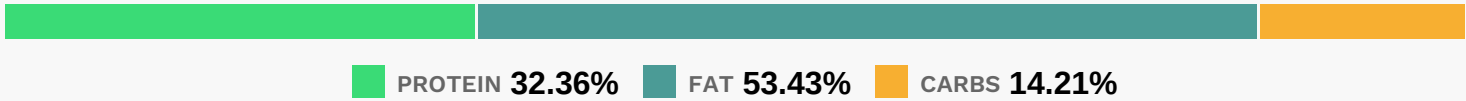
Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ mortar and pestle
- ☐ grill pan

Directions

- ☐ Make a paste by blending together the chillies, shallots, garlic, lemongrass, ginger, soy sauce and sugar in a blender or coffee grinder, or use a pestle and mortar.
- ☐ Heat the oil in a small frying pan and cook the paste for 2 mins until it has darkened slightly and you can really smell the spices. Season with a little salt if you like, then set aside.
- ☐ Heat the grill to medium.
- ☐ Put the fish onto a grill pan, then use the back of a teaspoon to smear the paste all over, making a thin layer covering the whole fish. Pop under the grill and cook for 10 mins until the fish flakes easily.
- ☐ Serve with rice and steamed bok choy.
- ☐ Sprinkle chives and coriander on the fish to serve, if you like.

Nutrition Facts



Properties

Glycemic Index:125.05, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:20.100434717925%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 286.16kcal (14.31%), Fat: 17.14g (26.37%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 8.67g (3.15%), Sugar: 5g (5.55%), Cholesterol: 76.5mg (25.5%), Sodium: 480.42mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Vitamin C: 67.8mg (82.19%), Selenium: 46.04µg (65.77%), Phosphorus: 476.12mg (47.61%), Vitamin K: 33.84µg (32.23%), Vitamin B12: 1.92µg (32.02%), Vitamin D: 4.76µg (31.73%), Vitamin B6: 0.52mg (25.77%), Manganese: 0.37mg (18.57%), Vitamin E: 2.51mg (16.72%), Potassium: 542.26mg (15.49%), Vitamin B3: 2.66mg (13.32%), Magnesium: 51.11mg (12.78%), Vitamin A: 529.32IU (10.59%), Iron: 1.46mg (8.13%), Folate: 31.45µg (7.86%), Copper: 0.13mg (6.72%), Fiber: 1.59g (6.36%), Vitamin B1: 0.09mg (6.26%), Calcium: 57.79mg (5.78%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.09mg (5.49%), Vitamin B5: 0.51mg (5.14%)