



Steamed tilapia with green chilli & coconut chutney

READY IN



20 min.

SERVINGS



2

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g rice
- ☐ 2 large tilapia fillets
- ☐ 2 tsp butter
- ☐ 150 g pot yogurt fat-free
- ☐ 2 small naan bread
- ☐ 1 handful coriander roughly chopped
- ☐ 0.5 chilli green deseeded
- ☐ 25 g desiccated coconut

- ☐ 1 optional: lemon juiced cut into wedges
- ☐ 1 tsp ginger chopped
- ☐ 0.5 tsp ground cumin

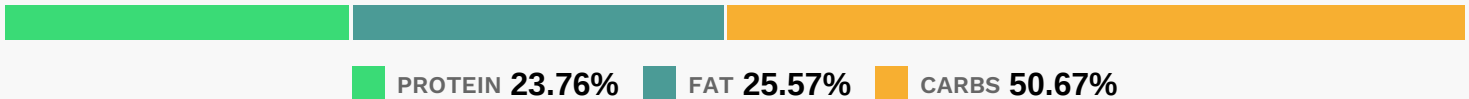
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ To make the chutney, put the coriander, chilli, coconut, lemon juice, ginger and cumin in a food processor.
- ☐ Add good pinches of salt and sugar, then pulse until it has a rough salsa-like consistency.
- ☐ Rinse the rice and place in a deep frying pan with 225ml water. Bring to the boil, then turn down low it will take about 8 mins to cook.
- ☐ After about 3 mins, place the fish fillets on top of the rice, then dot a tsp of butter on each and spread the fresh chutney over in a thick layer. Cover with a lid and cook over a low heat for about 5 mins until the fish and rice are cooked through.
- ☐ Serve the fish and rice with the yogurt, warmed naan breads and the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:94.34, Glycemic Load:25, Inflammation Score:-6, Nutrition Score:27.373478350432%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 902.36kcal (45.12%), Fat: 25.56g (39.33%), Saturated Fat: 12.91g (80.68%), Carbohydrates: 113.97g (37.99%), Net Carbohydrates: 107.29g (39.01%), Sugar: 12.48g (13.87%), Cholesterol: 107.17mg (35.72%), Sodium: 1072.78mg (46.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.44g (106.88%), Selenium: 83.94µg (119.91%), Vitamin B12: 3.15µg (52.53%), Phosphorus: 503.64mg (50.36%), Manganese: 1mg (49.87%), Vitamin B3: 7.71mg (38.56%), Vitamin C: 31.46mg (38.13%), Vitamin D: 5.27µg (35.13%), Calcium: 283.64mg (28.36%), Fiber: 6.68g (26.73%), Potassium: 929.26mg (26.55%), Vitamin B6: 0.48mg (24.24%), Magnesium: 91.1mg (22.77%), Vitamin B5: 2.04mg (20.37%), Vitamin B2: 0.34mg (19.84%), Copper: 0.38mg (18.97%), Folate: 62.42µg (15.6%), Zinc: 2.16mg (14.39%), Iron: 2.53mg (14.07%), Vitamin B1: 0.17mg (11.65%), Vitamin K: 9.2µg (8.76%), Vitamin E: 1.06mg (7.04%), Vitamin A: 283.39IU (5.67%)