



Tandoori tilapia with spicy sweet potato mash & tomato salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 560 g tilapia
- ☐ 1 tbsp miso
- ☐ 1 kg sweet potatoes and into cut into small chunks
- ☐ 4 carrots chopped
- ☐ 2 garlic clove sliced
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 8 tomatoes chopped

- ☐ 1 small onion red thinly sliced
- ☐ 1 small bunch cilantro leaves roughly chopped

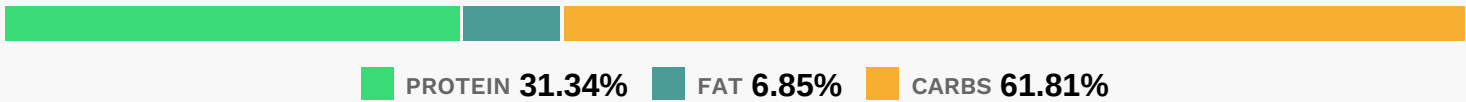
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Coat the tilapia fillets with the tandoori paste and set aside.
- ☐ Put the sweet potatoes, carrots and garlic in a large pan of salted water. Bring to the boil and cook for 10 mins or until tender.
- ☐ Drain well, then allow to steam-dry for a few mins.
- ☐ Add the chilli to the pan and mash everything together with some seasoning. Cover and keep warm.
- ☐ Heat the grill to high. Grill the tilapia for 8-10 mins or until cooked through. Meanwhile, mix the salad ingredients together and serve alongside the tilapia and mash.

Nutrition Facts



Properties

Glycemic Index:84.46, Glycemic Load:30.88, Inflammation Score:-10, Nutrition Score:40.910869473996%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 445.3kcal (22.26%), Fat: 3.49g (5.37%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 70.92g (23.64%), Net Carbohydrates: 57.81g (21.02%), Sugar: 21.87g (24.3%), Cholesterol: 70mg (23.33%), Sodium: 426.5mg (18.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.93%), Vitamin A: 47953.79IU (959.08%),

Selenium: 60.8µg (86.86%), Vitamin C: 62.51mg (75.77%), Potassium: 2145.25mg (61.29%), Manganese: 1.19mg (59.55%), Vitamin B6: 1.15mg (57.51%), Fiber: 13.11g (52.45%), Phosphorus: 458.71mg (45.87%), Vitamin B3: 9.16mg (45.8%), Vitamin K: 43.1µg (41.05%), Vitamin B12: 2.22µg (36.92%), Magnesium: 142.95mg (35.74%), Copper: 0.71mg (35.36%), Vitamin B5: 3.16mg (31.58%), Folate: 119.5µg (29.87%), Vitamin D: 4.34µg (28.93%), Vitamin B1: 0.41mg (27.53%), Vitamin B2: 0.35mg (20.87%), Vitamin E: 3.08mg (20.5%), Iron: 3.5mg (19.43%), Calcium: 148.11mg (14.81%), Zinc: 1.99mg (13.26%)