



Thai Fish Curry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups butternut squash cubed peeled
- 3 cups rice cooked
- 1 cup cilantro leaves fresh chopped
- 1 jalapeno thinly sliced for less heat (remove seeds)
- 4 servings kosher salt
- 1 cup coconut milk light (half of a 14-ounce can)
- 1 lime zest finely grated
- 1.5 pounds mahi mahi fillets skinless cut into 1 1/2-inch pieces

- 1 large onion thinly sliced
- 2 bell peppers red thinly sliced
- 2 tablespoons thai curry paste green
- 1 tablespoon vegetable oil

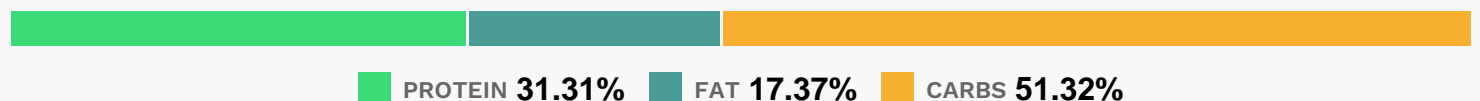
Equipment

- bowl
- sauce pan

Directions

- Rub the fish with 1 tablespoon curry paste and the lime zest in a bowl. Cover and refrigerate while you cook the vegetables.
- Heat the vegetable oil in a large saucepan over medium-high heat.
- Add the onion, bell peppers, half of the jalapeno and a pinch of salt. Cook, stirring, until the vegetables are just crisp-tender, about 2 minutes.
- Add the remaining 1 tablespoon curry paste and cook, stirring, until lightly browned, about 1 minute.
- Add the squash, coconut milk and 2 cups water to the saucepan and stir to combine. Bring to a boil, then cover, reduce the heat to medium low and simmer until the squash is almost tender, 12 to 15 minutes.
- Add the fish, cover and simmer until just opaque, about 8 minutes. Stir in the cilantro and season with salt.
- Serve over rice; top with the remaining jalapeno.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:37.86, Inflammation Score:-10, Nutrition Score:35.630434824073%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

Nutrients (% of daily need)

Calories: 479.41kcal (23.97%), Fat: 9.22g (14.19%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 55.19g (20.07%), Sugar: 8.22g (9.14%), Cholesterol: 124.17mg (41.39%), Sodium: 398.22mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.81%), Vitamin A: 18549.14IU (370.98%), Vitamin C: 119.07mg (144.33%), Selenium: 72.04µg (102.91%), Vitamin B3: 13.28mg (66.39%), Vitamin B6: 1.25mg (62.61%), Manganese: 1mg (50.25%), Potassium: 1468.82mg (41.97%), Phosphorus: 372.58mg (37.26%), Magnesium: 126.31mg (31.58%), Vitamin B5: 2.6mg (26.03%), Fiber: 6.12g (24.47%), Vitamin E: 3.55mg (23.68%), Vitamin K: 24.01µg (22.86%), Folate: 89.12µg (22.28%), Iron: 3.85mg (21.39%), Vitamin B1: 0.26mg (17.08%), Vitamin B12: 1.02µg (17.01%), Copper: 0.3mg (14.93%), Vitamin B2: 0.24mg (13.85%), Calcium: 136.6mg (13.66%), Zinc: 1.83mg (12.2%)