



HEALTH SCORE

54%

Thai Red Curry Fish Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 1 cup basil loosely packed
- ☐ 2 tablespoons firmly brown sugar dark packed
- ☐ 1.5 pounds fish fillets such as halibut or tilapia firm
- ☐ 3 cups jasmine rice
- ☐ 27 oz coconut milk light divided canned
- ☐ 6 servings lime wedges
- ☐ 2 teaspoons lime zest green freshly grated (part only; see Notes)

- ☐ 1 cup mint leaves loosely packed
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces spinach leaves fresh whole
- ☐ 1 large sweet potatoes and into
- ☐ 2 tablespoons thai curry paste red (see Notes)

Equipment

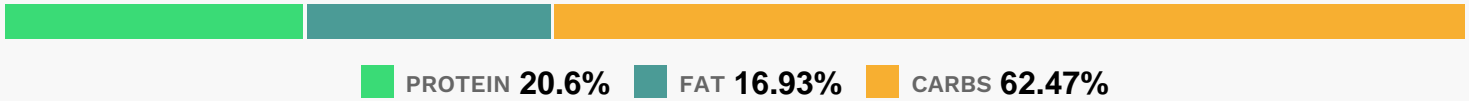
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Bring 6 cups water to a boil in a medium saucepan.
- ☐ Add rice and salt. Cover and reduce heat to low. Cook 15 minutes, then turn off heat and let sit 5 minutes. Fluff with a fork and cover to keep warm until ready to serve.
- ☐ Meanwhile, bring 1 in. of water to a boil in a large saucepan. Peel sweet potato and cut into 1/2-in. cubes. Put in a steamer basket over boiling water. Cover and steam until tender, about 10 minutes. Set aside.
- ☐ While sweet potato is cooking, spoon about 1/4 cup from top of coconut milk in each can (the thick opaque layer) and put in a 4- to 5-qt. pot or deep saut pan.
- ☐ Add curry paste and whisk until smoothly blended. Stir mixture over medium heat until nearly dry, 3 to 5 minutes.
- ☐ Reduce heat to medium-low and add remaining coconut milk, lime zest, fish sauce, and brown sugar. Simmer 5 minutes.
- ☐ Meanwhile, cut fish into 1 1/2-in. cubes. Increase heat to medium; add fish and spinach. Cover and cook until fish is no longer translucent, 5 to 7 minutes.
- ☐ Chop basil and mint and stir into stew along with sweet potato cubes.
- ☐ Serve with rice and lime wedges.

- ☐ Chicken: Substitute boned, skinned breast for the fish.
- ☐ Cut into 1/4- by 1/2- by 2-in. strips to ensure quick cooking.
- ☐ Pork: Use tenderloin in place of the fish, trimming fat and cutting meat into 1/4-in.-thick strips.
- ☐ Swap the greens: Try green Swiss chard instead of spinach: Thinly slice stems and steam with sweet potato in step 2; thinly slice the leaves and add with fish in step
- ☐ Add chopped zucchini or other summer squash, green beans, thinly sliced red pepper, or slivered sweet onion to the sweet potato for the last 5 minutes of steaming time.
- ☐ Switch the starch: Yukon Gold potatoes work nicely in place of sweet potato and have a similar cooking time.

Nutrition Facts



Properties

Glycemic Index:47.53, Glycemic Load:50.34, Inflammation Score:-10, Nutrition Score:32.751739419025%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 637.77kcal (31.89%), Fat: 11.64g (17.91%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 96.62g (32.21%), Net Carbohydrates: 92.2g (33.53%), Sugar: 7.09g (7.88%), Cholesterol: 56.7mg (18.9%), Sodium: 891.98mg (38.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Vitamin A: 12016.29IU (240.33%), Vitamin K: 156.24µg (148.8%), Selenium: 62.6µg (89.44%), Manganese: 1.6mg (80.01%), Phosphorus: 348.27mg (34.83%), Vitamin B3: 6.74mg (33.69%), Vitamin B12: 1.82µg (30.34%), Folate: 110.35µg (27.59%), Vitamin B6: 0.55mg (27.56%), Magnesium: 109.83mg (27.46%), Potassium: 876.81mg (25.05%), Vitamin D: 3.52µg (23.44%), Copper: 0.46mg (22.86%), Vitamin B5: 2.01mg (20.12%), Iron: 3.21mg (17.85%), Fiber: 4.42g (17.69%), Vitamin C: 13.37mg (16.2%), Vitamin B2: 0.23mg (13.63%), Vitamin B1: 0.19mg (12.42%), Zinc: 1.83mg (12.23%), Calcium: 121.18mg (12.12%), Vitamin E: 1.31mg (8.76%)