



Thai Red Curry Mahi Mahi Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 head boston lettuce separated
- ☐ 13.5 ounce coconut milk canned
- ☐ 1 teaspoon asian chili sauce
- ☐ 1 kirby cucumber thinly sliced
- ☐ 2 tablespoons fish sauce
- ☐ 1 bunch cilantro leaves fresh
- ☐ 1 clove garlic minced
- ☐ 0.3 cup juice of lime fresh for garnish

- ☐ 1.3 pounds skinned mahi mahi fillet dark trimmed
- ☐ 1 tablespoon curry paste red
- ☐ 1 handful roasted peanuts
- ☐ 3 scallions white green thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 1 bunch watercress
- ☐ 1 bell pepper red yellow stemmed seeded thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the broiler to high. Line a broiler pan with foil and lightly oil.
- ☐ Skim 2 tablespoons cream from the top of the coconut milk (reserve the milk to flavor rice as a side dish, if desired). Fry the coconut cream in a small skillet over medium heat until glossy, about 2 minutes. Stir in the curry paste and cook until fragrant, 2 minutes.
- ☐ Spread the mixture over the fish in the broiler pan; broil until browned and just cooked through, about 15 minutes.
- ☐ Cut the fish into 4 pieces.
- ☐ Whisk the lime juice, sugar, 2 tablespoons water and fish sauce in a bowl until the sugar dissolves. Stir in the chili sauce and garlic.
- ☐ Arrange the lettuce, watercress, cucumber, scallions, pepper, herbs, nuts and lime wedges with 4 pieces of fish on a platter; drizzle with the Thai salad dressing.
- ☐ Photograph by Antonis Achiellos

Nutrition Facts



 **PROTEIN 29.16%**  **FAT 52.16%**  **CARBS 18.68%**

Properties

Glycemic Index:60.77, Glycemic Load:5.07, Inflammation Score:-9, Nutrition Score:31.233913172846%

Flavonoids

Hesperetin: 8.48mg, Hesperetin: 8.48mg, Hesperetin: 8.48mg, Hesperetin: 8.48mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 407.1kcal (20.35%), Fat: 24.53g (37.74%), Saturated Fat: 20.63g (128.95%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 15.35g (5.58%), Sugar: 11.94g (13.27%), Cholesterol: 103.48mg (34.49%), Sodium: 873.13mg (37.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.71%), Vitamin C: 72.63mg (88.03%), Selenium: 59.28µg (84.69%), Vitamin K: 87.83µg (83.65%), Manganese: 1.14mg (56.98%), Vitamin A: 2752.54IU (55.05%), Vitamin B3: 10.2mg (51.02%), Vitamin B6: 0.79mg (39.64%), Phosphorus: 349.7mg (34.97%), Potassium: 1214.97mg (34.71%), Magnesium: 117.12mg (29.28%), Iron: 4.48mg (24.87%), Copper: 0.44mg (22.21%), Folate: 84.56µg (21.14%), Fiber: 4.43g (17.7%), Vitamin B5: 1.63mg (16.28%), Vitamin B12: 0.89µg (14.89%), Zinc: 1.66mg (11.07%), Vitamin B2: 0.18mg (10.63%), Calcium: 97.47mg (9.75%), Vitamin B1: 0.13mg (8.69%), Vitamin E: 0.47mg (3.13%)