



## Thai-style fish broth with greens

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



25 min.

SERVINGS



2

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 100 g brown rice noodle
- 500 ml fish stock
- 1 tbsp thai curry paste red
- 4 kaffir lime leaves fresh
- 1 tbsp fish sauce
- 200 g sustainable fish skinless white such as pollock
- 100 g king prawn raw
- 2 pak choi separated

- 1 handful coriander leaves

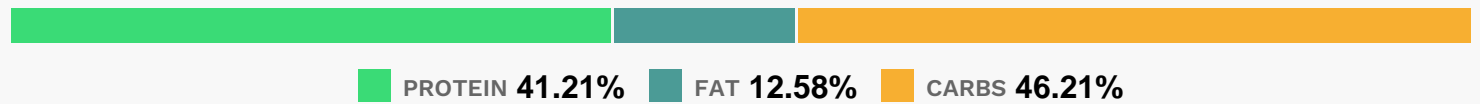
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Cook the noodles following pack instructions. Refresh in cold water and drain well.
- Put the stock in a large saucepan and stir in the curry paste, lime leaves, fish sauce and 250ml cold water. Bring to a simmer and cook for 5 mins.
- Cut the fish into roughly 3cm cubes and add to the pan. Return to a simmer, then cook for 2 mins uncovered.
- Stir in the noodles, prawns and pak choi, and simmer for 2-3 mins or until the fish and prawns are just cooked.
- Serve in bowls scattered with coriander.

## Nutrition Facts



## Properties

Glycemic Index:45.38, Glycemic Load:21.38, Inflammation Score:-10, Nutrition Score:60.82304369885%

## Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 36.37mg, Kaempferol: 36.37mg, Kaempferol: 36.37mg, Kaempferol: 36.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 18.36mg, Quercetin: 18.36mg, Quercetin: 18.36mg

## Nutrients (% of daily need)

Calories: 482.88kcal (24.14%), Fat: 7.09g (10.91%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 48.19g (17.52%), Sugar: 11.02g (12.25%), Cholesterol: 130.5mg (43.5%), Sodium: 2186.96mg (95.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.27g (104.54%), Vitamin A: 38858.8IU (777.18%), Vitamin C: 379.21mg (459.65%), Vitamin K: 390.32µg (371.73%), Manganese: 3.29mg (164.5%), Folate: 604.54µg

(151.14%), Vitamin B6: 2.11mg (105.53%), Calcium: 1033.56mg (103.36%), Potassium: 2942.88mg (84.08%), Phosphorus: 798.74mg (79.87%), Magnesium: 294.45mg (73.61%), Vitamin B3: 14.02mg (70.1%), Selenium: 48.64µg (69.49%), Iron: 9.28mg (51.56%), Vitamin B2: 0.76mg (44.6%), Fiber: 10.43g (41.73%), Vitamin B1: 0.59mg (39.06%), Copper: 0.73mg (36.29%), Vitamin B12: 1.88µg (31.35%), Zinc: 3.89mg (25.95%), Vitamin D: 3.1µg (20.67%), Vitamin B5: 1.99mg (19.95%), Vitamin E: 1.59mg (10.62%)