



Thai-Style Halibut with Coconut-Curry Broth

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



27 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 cups brown rice cooked for serving
- 0.5 cup cilantro leaves fresh coarsely chopped
- 24 ounce halibut fillet skinless
- 0.5 cup coconut milk light
- 2 tablespoons juice of lime fresh
- 2 cups chicken broth low-sodium
- 2.5 teaspoons curry paste red (See Cook's Note)

- 0.5 teaspoon salt plus more for seasoning
- 2 scallions green thinly sliced
- 0.8 cup shallots finely chopped
- 4 servings pkt spinach steamed (See Cook's Note)
- 2 teaspoons vegetable oil

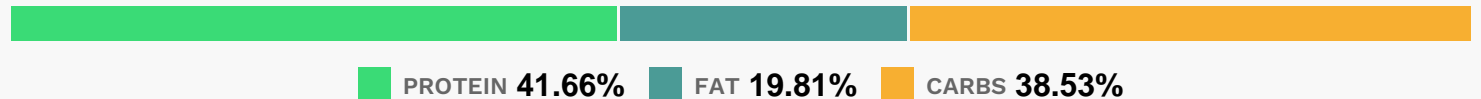
Equipment

- frying pan
- ladle

Directions

- Watch how to make this recipe.
- In a large saute pan, heat the oil over moderate heat.
- Add the shallots and cook, stirring occasionally, until beginning to brown, 3 to 5 minutes.
- Add the curry paste and cook, stirring, until fragrant, about 30 seconds.
- Add the chicken broth, coconut milk, 1/2 teaspoon salt and simmer until reduced to 2 cups, about 5 minutes.
- Season the halibut with 1/4 teaspoon salt. Arrange the fish in the pan and gently shake the pan so the fish is coated with the sauce. Cover and cook until the fish flakes easily with a fork, about 7 minutes.
- Arrange a pile of steamed spinach in the bottom of 4 soup plates. Top with the fish fillets. Stir the cilantro, scallions, and lime juice into the sauce and season, to taste, with salt and pepper. Ladle the sauce over the fish and serve with rice.

Nutrition Facts



Properties

Glycemic Index:66.3, Glycemic Load:13.11, Inflammation Score:-10, Nutrition Score:37.5030433406%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 372.16kcal (18.61%), Fat: 8.14g (12.52%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 31.15g (11.33%), Sugar: 4.3g (4.78%), Cholesterol: 83.35mg (27.78%), Sodium: 204.16mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.05%), Vitamin K: 172.05µg (163.86%), Selenium: 78.49µg (112.13%), Manganese: 1.55mg (77.49%), Vitamin A: 3630.58IU (72.61%), Vitamin B3: 14.39mg (71.93%), Vitamin B6: 1.32mg (65.85%), Phosphorus: 558.52mg (55.85%), Vitamin D: 7.99µg (53.3%), Potassium: 1278.84mg (36.54%), Vitamin B12: 1.99µg (33.15%), Magnesium: 120.37mg (30.09%), Folate: 104.9µg (26.23%), Vitamin C: 16.17mg (19.6%), Fiber: 4.48g (17.92%), Vitamin B1: 0.24mg (16.15%), Iron: 2.83mg (15.73%), Vitamin E: 2.06mg (13.74%), Copper: 0.27mg (13.65%), Zinc: 1.73mg (11.52%), Vitamin B5: 1.15mg (11.46%), Vitamin B2: 0.18mg (10.37%), Calcium: 93.86mg (9.39%)