



87%  
HEALTH SCORE

## Tunisian Fish Tagine



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 stalk celery finely chopped
- 1 large handful cilantro to garnish
- 4 teaspoons cumin seeds
- 5 oz fish steaks
- 4 kaffir lime leaves
- 5 tablespoons olive oil
- 2 medium onions sliced into thin rings
- 2 teaspoons paprika

- 700 g potatoes peeled cut into 1 cm (1/2") cubes (1 lb 6 oz)
- 2 chiles fresh red
- 1 pinch saffron threads infused in
- 4 servings salt and pepper
- 28 oz cans tomatoes pureed italian canned ( 2 cups)
- 1.5 teaspoons tumeric

## Equipment

- bowl
- frying pan
- mortar and pestle

## Directions

- Toast the cumin seeds in a dry pan for 2–3 minutes over low heat. Grind to a powder in a mortar and pestle or in a spice grinder and set aside.
- Seed the chilies and cut into julienne strips.
- Place half of the olive oil in one large frypan and half in a nonstick pan with a lid.
- Put the potato into the nonstick pan.
- Add the tumeric and fry, tossing and turning the potatoes.
- At the same time in the other pan, fry the onion and celery, stirring occasionally. When the onion begins to soften, add the garlic, lime leaves, chiles, cumin, paprika and saffron. Cook for a further 2–3 minutes, then season lightly with salt and pepper and turn off the heat. Leave in the pan while the potatoes finish cooking.
- As soon as the potatoes are cooked, season the fish steaks with salt and pepper and put them on top of the potatoes. Spoon the onion mixture over and around the steaks and pour over the tomatoes. Bring to boil over a medium–high heat, immediately lower it and cover. Cook gently for 7–10 minutes or until the fish is just cooked. Taste and season.
- Serve in large warmed bowl, sprinkled with cilantro.

## Nutrition Facts



■ PROTEIN 13.33% ■ FAT 41.5% ■ CARBS 45.17%

## Properties

Glycemic Index:88.19, Glycemic Load:26.41, Inflammation Score:-10, Nutrition Score:27.027391330056%

## Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.11mg, Quercetin: 14.11mg, Quercetin: 14.11mg, Quercetin: 14.11mg

## Nutrients (% of daily need)

Calories: 405.18kcal (20.26%), Fat: 19.49g (29.98%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 39.32g (14.3%), Sugar: 10.42g (11.58%), Cholesterol: 17.72mg (5.91%), Sodium: 250.02mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.17%), Vitamin C: 99.01mg (120.01%), Vitamin A: 2502.25IU (50.04%), Vitamin B6: 0.96mg (48.24%), Potassium: 1575.98mg (45.03%), Manganese: 0.78mg (39%), Vitamin K: 40.44µg (38.52%), Fiber: 8.41g (33.64%), Vitamin E: 4.35mg (29%), Phosphorus: 251.29mg (25.13%), Vitamin B3: 5.02mg (25.12%), Iron: 4.43mg (24.64%), Magnesium: 94.27mg (23.57%), Selenium: 15.98µg (22.82%), Folate: 87.11µg (21.78%), Copper: 0.42mg (20.9%), Vitamin B1: 0.29mg (19.28%), Vitamin B2: 0.18mg (10.48%), Vitamin B5: 1.04mg (10.35%), Vitamin B12: 0.56µg (9.33%), Calcium: 87.45mg (8.74%), Zinc: 1.3mg (8.7%), Vitamin D: 1.1µg (7.32%)