



WHATSheATE



Warm smoked haddock, rocket & basmati rice salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 225 g rice
- ☐ 450 ml vegetable stock fine (a cube is)
- ☐ 350 g haddock smoked
- ☐ 150 g pack sugar snap peas
- ☐ 3 spring onion finely sliced
- ☐ 150 g punnet cherry tomatoes halved
- ☐ 50 g rocket

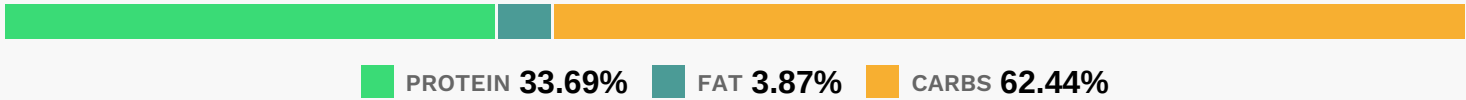
Equipment

☐ frying pan

Directions

- ☐ Put the rice and stock into a pan and bring to the boil, cover, reduce to a simmer and cook for 6 mins.
- ☐ Cut the fish into chunks, arrange on the rice and cook for 2 mins.
- ☐ Sprinkle with sugar snaps and spring onions, cover and cook over a low heat for 2 mins more.
- ☐ Gently fork the tomatoes and rocket into the rice.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:27.93, Inflammation Score:-8, Nutrition Score:20.851304116456%

Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 340.9kcal (17.05%), Fat: 1.43g (2.2%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 49.45g (17.98%), Sugar: 3.92g (4.35%), Cholesterol: 67.38mg (22.46%), Sodium: 1127.86mg (49.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.96%), Selenium: 46.57µg (66.53%), Vitamin C: 34.62mg (41.96%), Manganese: 0.82mg (41.18%), Vitamin K: 42.82µg (40.78%), Phosphorus: 324.52mg (32.45%), Vitamin B3: 5.85mg (29.24%), Vitamin B6: 0.55mg (27.32%), Vitamin A: 1285.37IU (25.71%), Vitamin B12: 1.4µg (23.33%), Magnesium: 81.36mg (20.34%), Potassium: 655.53mg (18.73%), Iron: 3.03mg (16.81%), Folate: 56.13µg (14.03%), Copper: 0.24mg (11.76%), Vitamin B5: 1.11mg (11.1%), Vitamin B1: 0.16mg (10.71%), Calcium: 105.36mg (10.54%), Fiber: 2.4g (9.61%), Zinc: 1.3mg (8.65%), Vitamin B2: 0.13mg (7.45%), Vitamin E: 1mg (6.68%), Vitamin D: 0.7µg (4.67%)