



Zesty lentil & haddock pilaf



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



665 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice
- ☐ 3 onion red finely sliced
- ☐ 2 tbsp olive oil
- ☐ 140 g haddock smoked
- ☐ 140 g haddock
- ☐ 250 g lentils
- ☐ 1 lemon zest (then cut the lemon into wedges)
- ☐ 1 large bunch flat parsley roughly chopped

☐ 25 g almonds flaked toasted

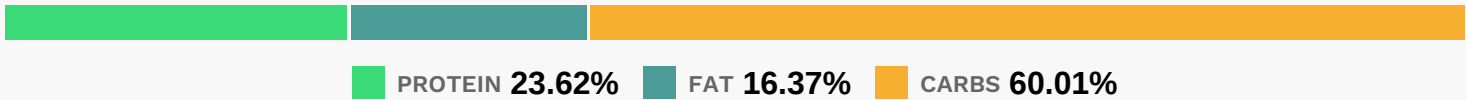
Equipment

☐ frying pan

Directions

- ☐ Cook the rice in boiling water until just tender, then drain. Meanwhile, fry the onions in the oil in a large non-stick frying pan over a medium heat for 10–12 mins until golden. Bring some water to the boil in a shallow pan.
- ☐ Add the haddock fillets, poach for 4 mins until the fish is just cooked, then drain and break into large flakes. Spoon half the onions onto a plate, then set aside.
- ☐ Stir the drained rice and lentils into the onion pan, then fold through the fish, lemon zest and parsley to heat through.
- ☐ Serve topped with the reserved onions and a handful of almonds, with the lemon wedges on the side for squeezing over.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:31.97, Inflammation Score:-9, Nutrition Score:27.18608687235%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 4.3mg, Isorhamnetin: 4.3mg, Isorhamnetin: 4.3mg, Isorhamnetin: 4.3mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

Nutrients (% of daily need)

Calories: 664.59kcal (33.23%), Fat: 11.87g (18.27%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 97.92g (32.64%), Net Carbohydrates: 74.79g (27.2%), Sugar: 5.33g (5.92%), Cholesterol: 45.85mg (15.28%), Sodium: 360.2mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.1%), Vitamin K: 238.38µg (227.03%), Fiber: 23.13g (92.5%), Selenium: 34.21µg (48.87%), Manganese: 0.97mg (48.32%), Iron: 7.08mg (39.32%), Vitamin C: 30.12mg (36.51%), Phosphorus: 301.61mg (30.16%), Vitamin A: 1250.83IU (25.02%), Vitamin B6: 0.46mg (23.19%), Vitamin B3: 4.47mg (22.34%), Vitamin E: 3.15mg (21.03%), Vitamin B12: 1.2µg (20.01%), Magnesium: 74.35mg (18.59%), Potassium: 564.9mg (16.14%), Copper: 0.28mg (13.94%), Folate: 54.73µg (13.68%), Calcium: 135.1mg (13.51%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 1.03mg (10.27%), Zinc: 1.46mg (9.73%), Vitamin B1: 0.13mg (8.74%), Vitamin D: 0.46µg (3.03%)