



WHATSheATE



HEALTH SCORE

54%

Arctic Char with Chinese Broccoli and Sweet Potato Purée



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cut into 1-inch pieces
- ☐ 1 cup balsamic vinegar
- ☐ 1 pound broccoli rabe chinese (rapini)
- ☐ 20 ounce arctic char fillets
- ☐ 1 teaspoon mustard hot chinese prepared ()
- ☐ 3 red-skinned sweet potatoes (yams;)
- ☐ 1.5 teaspoons soya sauce

- ☐ 2 tablespoons vegetable oil divided
- ☐ 2 teaspoons mustard seeds yellow

Equipment

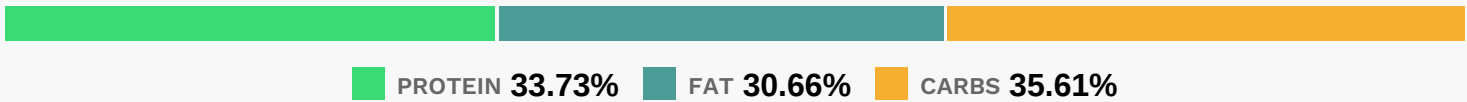
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 400°F. Wrap sweet potatoes individually in foil. Roast until tender, 1 to 1 1/2 hours. Cool and peel. Puree in processor until smooth. Measure 3 cups puree and transfer to microwave-safe bowl. Stir in mustard. Season with salt. DO AHEAD: Can be made 1 day ahead. Cover and chill. Boil vinegar in small saucepan until reduced to 1/2 cup, about 8 minutes. Stir in soy sauce.
- ☐ Remove from heat.
- ☐ Cook broccoli in pot of boiling salted water until crisp-tender, about 1 minute.
- ☐ Drain; set aside. Cook bacon in medium skillet over medium heat until edges are crisp.
- ☐ Transfer to paper towels to drain. DO AHEAD: Reduction and broccoli can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Process mustard seeds in spice grinder until coarsely ground.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Sprinkle ground seeds over top of fish.
- ☐ Heat 1 tablespoon oil in large skillet over medium-high heat.

- ☐ Add fish, mustard side down, and cook until brown and just opaque in center, about 3minutes per side.
- ☐ Meanwhile, rewarm puree in microwave until heated through.
- ☐ Heat 1 tablespoon oil in another large skillet.
- ☐ Add broccoli and bacon; sauté until heated through. Season with salt and pepper.
- ☐ Divide broccoli, fish, and puree among plates.
- ☐ Drizzle with balsamic reduction and serve.
- ☐ *Chinese broccoli is also called gai lan or Chinese kale; it's available at Asian markets. Broccoli rabe is an Italian leafy green vegetable with scattered clusters of broccoli-like florets; you'll find it at some supermarkets and at specialty foods stores.
- ☐ Per serving: 517 calories, 21g fat (4g saturated) 42 mg cholesterol, 422 mg sodium, 35 mg carbohydrates, 6g fiber, 38g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:5.5, Inflammation Score:-10, Nutrition Score:35.889999928682%

Flavonoids

Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 400.75kcal (20.04%), Fat: 13.41g (20.62%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 28.5g (10.36%), Sugar: 16.44g (18.26%), Cholesterol: 68.21mg (22.74%), Sodium: 376.18mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Vitamin A: 21772.97IU (435.46%), Vitamin K: 269µg (256.19%), Selenium: 54.02µg (77.18%), Manganese: 1.09mg (54.58%), Vitamin C: 43.55mg (52.78%), Phosphorus: 467.83mg (46.78%), Vitamin B6: 0.86mg (43.03%), Potassium: 1381.7mg (39.48%), Vitamin B3: 6.37mg (31.83%), Vitamin B1: 0.44mg (29.46%), Folate: 112.82µg (28.2%), Magnesium: 112.65mg (28.16%), Vitamin E: 4.12mg (27.47%), Fiber: 6.53g (26.14%), Iron: 4.36mg (24.2%), Vitamin B12: 1.34µg (22.42%), Vitamin B2: 0.36mg (21.11%), Calcium: 205.19mg (20.52%), Vitamin B5: 1.53mg (15.29%), Zinc: 2.11mg (14.08%), Copper: 0.28mg (13.96%), Vitamin D: 1.32µg (8.8%)