



Arctic Char with Tangerine-Habanero Glaze and Meyer Lemon Couscous Broth

READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups clam broth homemade
- ☐ 24 ounce fillets artic char
- ☐ 1 cup couscous instant
- ☐ 1 leaves cilantro leaves fresh
- ☐ 1 clove garlic chopped
- ☐ 0.5 habanero chile chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon lemon zest

- ☐ 0.5 cup meyer lemon juice fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion spanish coarsely chopped
- ☐ 2 cups red wine vinegar
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 cups sugar
- ☐ 4 cups tangerine juice
- ☐ 2 tablespoons butter unsalted cold
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ stove

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Brush fillets on both sides with oil and season with salt and pepper.
- ☐ Heat a large, oven-safe nonstick saute pan over high heat, add the fish, and cook until golden brown, about 2 minutes.

- ☐ Brush with some of the glaze, turn over, and continue cooking (on the stovetop or in the oven) for 3 to 4 minutes or until just cooked through.
- ☐ Brush with more of the glaze and remove from the heat.
- ☐ Ladle some of the broth into large shallow bowls, place fish in the middle, glazed side up, and sprinkle some of the couscous around the fish.
- ☐ Serve immediately.
- ☐ Place tangerine juice in a medium saucepan and cook over high heat, until reduced to 3/4 cup, stirring occasionally. While the tangerine juice is reducing, combine vinegar and sugar in a small saucepan and cook until reduced by half.
- ☐ Add the reduced tangerine juice and habanero to the reduced vinegar mixture and stir to combine. Puree in a blender until smooth and season with salt.
- ☐ Transfer to a bowl and let cool to room temperature before using.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the clam broth and cook for 15 minutes. Strain the mixture and return to the saucepan, stir in the lemon juice and bring to a simmer.
- ☐ Whisk in the butter, if using, and the torn parsley or cilantro. Season with salt and pepper, to taste. Keep warm.
- ☐ Bring water and salt to a boil in a saucepan. Stir in the couscous, cover the pot, remove from the heat, and let sit 5 minutes or until the water is absorbed and couscous is tender.
- ☐ Remove the lid of the pot, fluff the couscous with a fork and stir in the zest. Keep warm.

Nutrition Facts



Properties

Glycemic Index:92.9, Glycemic Load:73.94, Inflammation Score:-9, Nutrition Score:25.54478263855%

Flavonoids

Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg Hesperetin: 47.71mg, Hesperetin: 47.71mg, Hesperetin: 47.71mg, Hesperetin: 47.71mg Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg

Naringenin: 3.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 885.36kcal (44.27%), Fat: 18.44g (28.38%), Saturated Fat: 5.4g (33.76%), Carbohydrates: 139.48g (46.49%), Net Carbohydrates: 136.27g (49.55%), Sugar: 101.99g (113.32%), Cholesterol: 88.19mg (29.4%), Sodium: 1362.47mg (59.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.58g (75.16%), Vitamin C: 92.07mg (111.6%), Selenium: 57.32µg (81.89%), Phosphorus: 474.71mg (47.47%), Potassium: 1335.74mg (38.16%), Vitamin B6: 0.62mg (31.13%), Manganese: 0.57mg (28.53%), Vitamin B3: 5.34mg (26.72%), Vitamin B12: 1.56µg (26%), Magnesium: 103.93mg (25.98%), Vitamin B1: 0.36mg (24.03%), Vitamin A: 1150.53IU (23.01%), Vitamin E: 3.16mg (21.04%), Copper: 0.27mg (13.64%), Iron: 2.37mg (13.18%), Vitamin B2: 0.22mg (13.11%), Fiber: 3.22g (12.86%), Vitamin B5: 1.19mg (11.93%), Vitamin D: 1.64µg (10.91%), Folate: 43.43µg (10.86%), Calcium: 104.75mg (10.47%), Zinc: 1.32mg (8.82%), Vitamin K: 8.18µg (7.79%)