



Black Sea Bass and Mussels a la Nage

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup on-the-diagonal asparagus
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 cup avarakkai / broad beans fresh
- ☐ 1 teaspoon flat-leaf parsley leaves fresh finely chopped
- ☐ 1 teaspoon chives fresh finely sliced
- ☐ 0.5 teaspoon optional: dill fresh finely chopped
- ☐ 1 sprig tarragon fresh leaves picked chopped
- ☐ 4 servings kosher salt

- ☐ 24 mussels washed and de-bearded
- ☐ 0.5 peas shelled
- ☐ 24 ounce skin-on sea bass fillets black snapper or sole may also be used
- ☐ 2 tablespoons shallots minced
- ☐ 1 teaspoon butter unsalted
- ☐ 0.8 cup vermouth dry white
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

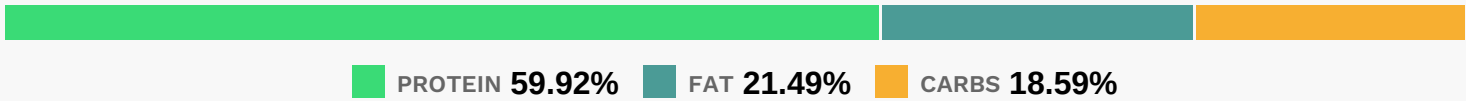
Directions

- ☐ Special equipment: 12 to 14-inch wide straight-sided skillet with a tight-fitting lid
- ☐ Bring a medium pot of water to a boil and season generously with salt.
- ☐ Add the fava beans and cook until tender, about 5 minutes. Using a slotted spoon, transfer the beans to a bowl of ice water to stop the cooking. Peel off the black eyelets from the bean's shells. Squeeze and pop the beans from their shells.
- ☐ Transfer the beans to a bowl.
- ☐ Add the asparagus and peas to the water and cook until tender, about 4 minutes. Using a slotted spoon, transfer the vegetables to the ice water to stop the cooking and drain.
- ☐ Transfer the vegetables to the bowl of beans.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Rub the inside of the skillet with the 1 teaspoon of butter and sprinkle with the shallots. Generously season the fish all over with the salt and pepper, and arrange the fillets, skin-side

up, in the skillet. Scatter the mussels over the top and pour in the vermouth and water. Cover the skillet and bring to a boil. Turn the heat to low and cook until the mussels have open (only uncover the skillet once or twice).

- ☐ Remove the skillet from the heat and let rest, covered, until the fish is just cooked through, about 6 to 10 minutes.
- ☐ Transfer the fish and mussels to a baking pan, leaving the broth in the skillet, and keep warm in the oven. Meanwhile, bring the broth to a boil, add the vegetables and whisk in the 4 tablespoons of butter, little by little, until fully incorporated.
- ☐ Whisk in the herbs.
- ☐ Divide the fish and mussels among 4 wide, shallow soup plates or bowls. Divide the broth and vegetables among the plates and serve immediately.

Nutrition Facts



Properties

Glycemic Index:102.08, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:27.695217500562%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 299.34kcal (14.97%), Fat: 6.29g (9.67%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 9.58g (3.48%), Sugar: 1.62g (1.8%), Cholesterol: 152.47mg (50.82%), Sodium: 456.03mg (19.83%), Alcohol: 4.28g (100%), Alcohol %: 1.48% (100%), Protein: 39.45g (78.9%), Vitamin B12: 12.38µg (206.25%), Selenium: 85.72µg (122.46%), Manganese: 1.95mg (97.33%), Phosphorus: 495.83mg (49.58%), Vitamin B6: 0.62mg (30.92%), Iron: 4.8mg (26.66%), Magnesium: 106.53mg (26.63%), Vitamin B3: 4.97mg (24.85%), Folate: 89.97µg (22.49%), Potassium: 779.96mg (22.28%), Vitamin B1: 0.33mg (22.15%), Vitamin B5: 1.68mg (16.81%), Vitamin K: 16.17µg (15.4%), Vitamin B2: 0.24mg (14.02%), Zinc: 2.02mg (13.43%), Copper: 0.26mg (12.97%), Vitamin A: 557.36IU (11.15%), Fiber: 2.66g (10.65%), Vitamin C: 6.78mg (8.22%), Calcium: 67.38mg (6.74%), Vitamin E: 0.69mg (4.58%)