



HEALTH SCORE

94%

Bourride with Lemon Aioli



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**8**

CALORIES

**386 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots diced peeled
- ☐ 4 large egg yolk
- ☐ 2 large fennel bulb diced trimmed
- ☐ 5.5 cups fish stock
- ☐ 4 pounds pacific halibut filets cut into 2-inch chunks
- ☐ 5 cups leek white green chopped (and pale parts only; 4 large)
- ☐ 8 servings optional: lemon
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon saffron threads generous crushed ()
- ☐ 4 turkish bay leaf
- ☐ 3 tablespoons orange zest

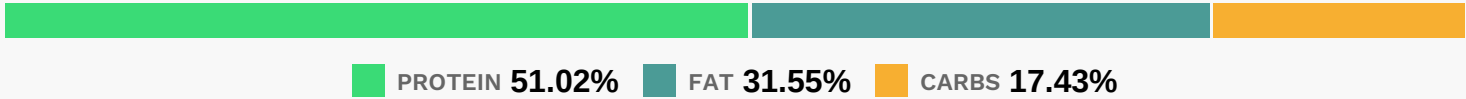
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Transfer 1 1/3 cups aioli to medium bowl; reserve remaining aioli.
- ☐ Mix lemon juice and saffron in small bowl; set aside.
- ☐ Heat oil in large pot over medium heat.
- ☐ Add leeks, fennel, and carrots; sauté 10 minutes. Stir in bay leaves and orange peel, then clam juice and lemon-saffron mixture. Bring to boil over medium-high heat.
- ☐ Add fish; reduce heat to medium. Simmer until fish is opaque in center, occasionally spooning liquid over fish to submerge if necessary, about 8 minutes. Using slotted spoon, transfer fish to large bowl; cover.
- ☐ Boil liquid in pot 10 minutes to reduce slightly.
- ☐ Whisk 1/2 cup reduced liquid into bowl with 1 1/3 cups aioli, then whisk in egg yolks. Return yolk-aioli mixture to remaining liquid in pot. Using wooden spoon, stir constantly over medium-low heat until sauce thickens slightly, about 7 minutes (do not boil).
- ☐ Remove from heat. Season with salt and pepper. Stir fish and any accumulated juices into hot sauce in pot; let stand until fish is heated through, about 5 minutes.
- ☐ Divide bourride among 8 shallow bowls.
- ☐ Garnish with chervil sprigs, if desired.
- ☐ Serve remaining aioli alongside.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:38.277826060419%

Flavonoids

Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 385.78kcal (19.29%), Fat: 13.4g (20.62%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 12.86g (4.68%), Sugar: 5.89g (6.54%), Cholesterol: 202.93mg (67.64%), Sodium: 746.15mg (32.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.76g (97.52%), Selenium: 110.4µg (157.71%), Vitamin B3: 17.87mg (89.37%), Vitamin A: 4308.55IU (86.17%), Vitamin B6: 1.49mg (74.27%), Vitamin D: 11.12µg (74.12%), Phosphorus: 676.01mg (67.6%), Vitamin K: 69.72µg (66.4%), Vitamin B12: 2.83µg (47.14%), Potassium: 1562.73mg (44.65%), Vitamin C: 24.51mg (29.7%), Folate: 104.22µg (26.05%), Vitamin E: 3.82mg (25.49%), Manganese: 0.44mg (22.18%), Magnesium: 83.53mg (20.88%), Fiber: 3.79g (15.16%), Iron: 2.72mg (15.12%), Calcium: 150.98mg (15.1%), Vitamin B5: 1.33mg (13.29%), Copper: 0.26mg (13.19%), Vitamin B2: 0.21mg (12.58%), Vitamin B1: 0.19mg (12.45%), Zinc: 1.42mg (9.48%)