



Braised Halibut Fillets in Coconut and Lemongrass with Smoked Eggplant and Tomato Ginger Chutney



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bottled clam juice
- ☐ 4 servings daikon radish sprouts (for garnish)
- ☐ 1.3 pounds eggplant
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 24 ounce pacific halibut filets

- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 lemongrass stalk thinly sliced
- ☐ 4 servings microgreens (for garnish; optional)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 radishes red trimmed scrubbed cut into matchstick-size pieces (for garnish)
- ☐ 1 teaspoon tandoori spice blend
- ☐ 8 ounce tomatoes diced peeled seeded
- ☐ 1 cup coconut milk unsweetened canned
- ☐ 0.5 teaspoon vegetable oil

Equipment

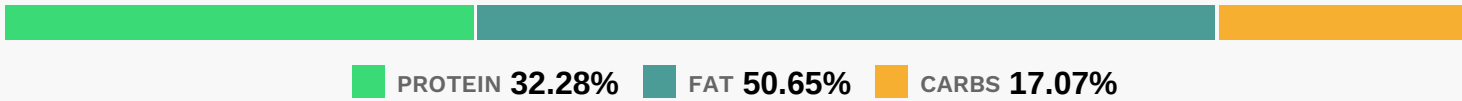
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ broiler
- ☐ spatula

Directions

- ☐ Char eggplant directly over gas flame or in broiler until blackened all over and eggplant begins to collapse, turning occasionally, about 15 minutes.
- ☐ Place eggplant in large bowl; cool 10 minutes. Peel off skin; place eggplant flesh in strainer set over large bowl. Press on eggplant to release juices; let drain 15 minutes.
- ☐ Transfer eggplant to medium bowl; add lemon juice.
- ☐ Mix Tandoori Spice Blend and vegetable oil in small bowl; add to eggplant and mash with fork to coarse puree. Season smoked eggplant to taste with salt and pepper. DO AHEAD: Smoked eggplant can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- ☐ Mix diced tomato, olive oil, chopped fresh cilantro, and grated fresh ginger in small bowl; season chutney to taste with salt and pepper. DO AHEAD: Chutney can be made 4 hours ahead.
- ☐ Let stand at room temperature.

- ☐ Bring unsweetened coconut milk, clam juice, and lemongrass to simmer in large skillet.
- ☐ Sprinkle halibut with salt and pepper; add to skillet. Simmer until halibut is just opaque in center, 3 to 4 minutes per side.
- ☐ Spoon dollop of smoked eggplant into center of each of 4 shallow bowls. Using slotted spatula, transfer halibut fillets to bowls; place atop eggplant. Spoon dollop of tomato-ginger chutney alongside.
- ☐ Garnish with radishes, sprouts, and microgreens, if desired.
- ☐ Unsweetened coconut milk can be found at many supermarkets and at Indian, Southeast Asian, and Latin markets. Lemongrass and daikon radish sprouts can be found in the produce section of some supermarkets and at Asian markets. Microgreens are sold at some supermarkets, farmers' markets, and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:29.707391158394%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 426.12kcal (21.31%), Fat: 24.64g (37.9%), Saturated Fat: 14.3g (89.4%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 11.69g (4.25%), Sugar: 9.66g (10.73%), Cholesterol: 83.35mg (27.78%), Sodium: 239.72mg (10.42%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.33g (70.67%), Selenium: 81.93µg (117.05%), Vitamin B3: 12.98mg (64.88%), Vitamin B6: 1.16mg (57.81%), Manganese: 1.11mg (55.35%), Vitamin D: 7.99µg (53.3%), Phosphorus: 518.39mg (51.84%), Potassium: 1423.15mg (40.66%), Vitamin B12: 1.88µg (31.33%), Fiber: 7g (27.98%), Magnesium: 94.42mg (23.61%), Vitamin K: 23.08µg (21.98%), Vitamin E: 3.18mg (21.18%), Folate: 78.73µg (19.68%), Vitamin C: 15.85mg (19.21%), Copper: 0.37mg (18.66%), Vitamin A: 696.57IU (13.93%), Iron: 2.41mg (13.4%), Vitamin B1: 0.19mg (12.6%), Vitamin B5: 1.2mg (12.02%), Zinc: 1.45mg (9.68%), Vitamin B2: 0.13mg (7.67%), Calcium: 64.95mg

(6.5%)