




 **61%**  
HEALTH SCORE

# Brioche and Pesto Crusted Halibut with Portobello Caps, Broccoli, Creamed Fennel and Sun-Dried Tomato Beurre Blanc


 **Gluten Free**  **Very Healthy**

READY IN




**140 min.**

SERVINGS



**6**

CALORIES



**1716 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 6 peppercorns black crushed
- 12 broccoli florets
- 1 cup butter brioche crumbs
- 2 teaspoons butter
- 3 tablespoons cider vinegar
- 0.3 cup cooking wine dry white

- 1 egg yolk
- 4 fennel bulbs julienned
- 2 cups basil leaves fresh
- 2 cloves garlic finely chopped
- 4 cloves garlic
- 36 ounce pacific halibut filets
- 0.3 cup heavy cream
- 0.5 cup heavy cream
- 1 juice of lemon juiced
- 2 tablespoons juice of lemon
- 0.3 cup olive oil extra-virgin
- 4 tablespoons olive oil extra-virgin
- 1 cup parmesan grated
- 1 cup pinenuts
- 4 medium size portobello caps
- 6 servings salt and pepper black freshly ground
- 6 servings salt and pepper white freshly ground
- 2 shallots minced
- 0.3 cup sun-dried tomato paste
- 1 pound butter unsalted room temperature
- 6 tablespoons butter unsalted
- 2 eggs whole

## Equipment

- food processor
- frying pan
- sauce pan
- baking paper
- oven

- knife
- whisk
- sieve
- double boiler
- baking pan
- roasting pan
- grill
- spatula

## Directions

- Preheat the oven to 400 degrees F.
- In a food processor, combine the basil leaves, garlic and pine nuts. Slowly add the oil scraping down the sides a couple of times.
- Add Parmesan and season, to taste. Process briefly until combined.
- Add the eggs, egg yolk, and brioche crumbs.
- Mix for 1 minute and set aside. Arrange the fillets on a baking pan, pat dry, and season with salt and pepper.
- Place the crust mixture on a sheet of parchment paper; level off to 1/4-inch thick.
- Cut the parchment and the crust, using a sharp knife, to fit the size of each fillet, and gently slide butter on top of each fillet using a warmed spatula.
- Bake for 15 minutes.
- Preheat grill on high.
- Mix all ingredients and rub marinade over portobello caps. Cook on grill for about 5 minutes on both sides until both sides are charred. Once charred, remove from grill and transfer into a roasting pan. Roast in the oven for 10 minutes.
- Remove pan from the oven and keep warm.
- Combine the shallots, peppercorns, wine, lemon juice and vinegar in a medium saucepan over medium heat. Simmer for 7 minutes until the sauce liquids have reduced by two-thirds.
- Add the cream and simmer for 10 minutes. Do not boil.

- Remove from heat and whisk in the butter a little at the time. Strain through a fine mesh strainer. Adjust seasoning with salt and pepper, and stir in the sun-dried tomato paste. Hold the sauce in a bain-marie or canister to keep warm until ready to serve.
- Heat large saute pan over medium heat.
- Add butter and melt, but be careful not to burn the butter. Once melted add the blanched fennel and saute over low heat. Season, to taste, with salt and pepper.
- Add heavy cream and reduce by half. Do not boil.
- To serve, arrange the creamed fennel in the center of each plate, top with the portobello mushrooms and the fish.
- Garnish with the broccoli and finish with the beurre blanc.

## Nutrition Facts

**PROTEIN 11.41%**

**FAT 82.88%**

**CARBS 5.71%**

### Properties

Glycemic Index:88.83, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:53.704347693402%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

### Nutrients (% of daily need)

Calories: 1715.7kcal (85.78%), Fat: 160.2g (246.46%), Saturated Fat: 81.01g (506.29%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 16.82g (6.12%), Sugar: 10.98g (12.2%), Cholesterol: 492.82mg (164.27%), Sodium: 950.87mg (41.34%), Alcohol: 1.37g (100%), Alcohol %: 0.25% (100%), Protein: 49.61g (99.21%), Vitamin K: 187.61µg (178.67%), Selenium: 102.55µg (146.5%), Manganese: 2.71mg (135.41%), Vitamin A: 5116.39IU (102.33%), Phosphorus: 910.16mg (91.02%), Vitamin B3: 15.99mg (79.93%), Vitamin D: 10.52µg (70.14%), Vitamin E: 10.49mg (69.92%), Vitamin B6: 1.31mg (65.25%), Potassium: 1984.54mg (56.7%), Vitamin C: 46.04mg (55.8%), Vitamin B12: 2.56µg (42.59%), Calcium: 395.37mg (39.54%), Magnesium: 152.72mg (38.18%), Copper: 0.72mg (35.83%), Fiber: 8.03g (32.12%), Folate: 127.96µg (31.99%), Vitamin B2: 0.51mg (29.77%), Iron: 4.95mg (27.49%), Zinc: 3.85mg (25.66%), Vitamin B5: 2.47mg (24.69%), Vitamin B1: 0.28mg (18.58%)