



Broiled Halibut with Ricotta-Pea Puree

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 small carrots quartered
- 24 ounce center-cut halibut fillets skinless thick ()
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 10 ounce peas frozen
- 1 medium onion red thinly sliced
- 0.3 cup ricotta cheese
- 0.5 teaspoon paprika smoked

1 tablespoon butter unsalted

Equipment

food processor

bowl

frying pan

oven

aluminum foil

broiler

microwave

broiler pan

Directions

Preheat the broiler. Line a broiler pan with foil and preheat 5 minutes.

Meanwhile, brush the carrots and onion with 1 tablespoon olive oil and season with salt and pepper.

Brush the fish with the remaining 2 tablespoons olive oil, season with salt and pepper and sprinkle with the paprika; brush to coat the fish evenly with paprika.

Carefully remove the pan from the oven, place the fish in the center and scatter the onion and carrots around. Broil until the fish is golden and just cooked through, 8 to 10 minutes.

Meanwhile, microwave the peas in a bowl with 1/4 cup water until just tender, about 4 minutes.

Transfer the peas and liquid to a food processor and pulse with the ricotta, butter and a pinch of salt to make a slightly chunky puree. Divide the puree among plates and top with the fish, carrots, onion and pan juices.

Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 39.4% **FAT 43.07%** **CARBS 17.53%**

Properties

Glycemic Index:52.54, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:32.461303876794%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 393.15kcal (19.66%), Fat: 18.72g (28.8%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 11.49g (4.18%), Sugar: 7.05g (7.83%), Cholesterol: 101.41mg (33.8%), Sodium: 358.1mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.05%), Vitamin A: 7224.02IU (144.48%), Selenium: 82.06µg (117.23%), Vitamin B3: 13mg (65.02%), Vitamin B6: 1.15mg (57.55%), Vitamin D: 8.09µg (53.92%), Phosphorus: 533.35mg (53.34%), Vitamin C: 32.6mg (39.51%), Vitamin B12: 1.95µg (32.45%), Potassium: 1101.39mg (31.47%), Vitamin K: 29.63µg (28.22%), Fiber: 5.64g (22.58%), Vitamin B1: 0.31mg (20.98%), Vitamin E: 3.07mg (20.48%), Folate: 81.54µg (20.38%), Manganese: 0.4mg (20.21%), Magnesium: 72.55mg (18.14%), Vitamin B2: 0.22mg (12.84%), Zinc: 1.88mg (12.55%), Copper: 0.2mg (9.91%), Iron: 1.68mg (9.32%), Calcium: 92.74mg (9.27%), Vitamin B5: 0.85mg (8.47%)