



HEALTH SCORE

67%

Cedar-Planked Monkfish with Fire-Roasted and Puttanesca Relish



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 fillet anchovy finely chopped



1 tablespoon capers drained



2 tablespoons basil fresh chopped



2 garlic cloves chopped



0.5 cup kalamata olives pitted coarsely chopped



24 ounce monkfish fillet



3 tablespoons olive oil divided

- ☐ 2 plum tomatoes halved lengthwise
- ☐ 8 long prosciutto thin
- ☐ 1 large bell pepper red halved lengthwise
- ☐ 1 small onion sweet quartered (such as Vidalia or Maui)
- ☐ 1 tablespoon unseasoned rice vinegar white

Equipment

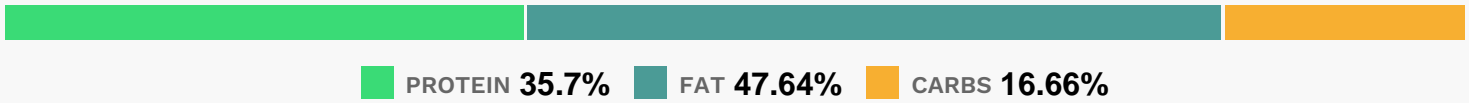
- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ toothpicks
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Fill roasting pan with water.
- ☐ Add cedar plank; weigh down with can or small pot to keep submerged and soak 1 day.
- ☐ Prepare barbecue (high heat).
- ☐ Brush grill rack with 1 tablespoon oil. Arrange tomatoes, onion, and bell pepper on rimmed baking sheet.
- ☐ Sprinkle with salt and pepper; drizzle with 1 tablespoon oil. Grill vegetables until lightly charred and blistered, turning occasionally with tongs, about 4 minutes for tomatoes and 8 minutes for onion and pepper. Return vegetables to same sheet and cool slightly.
- ☐ Peel tomato halves; peel pepper halves. Chop all vegetables coarsely and place in medium bowl.
- ☐ Add olives, anchovies, garlic, basil, capers, vinegar, and remaining 1 tablespoon oil. Toss to blend. Season relish to taste with salt and pepper. (Can be made 1 hour ahead.
- ☐ Let stand at room temperature.)

- ☐ Sprinkle fillets with salt and pepper. Wrap 2 prosciutto slices around each fillet, leaving top and bottom exposed. Secure prosciutto with toothpicks. Press each fillet slightly to flatten top.
- ☐ Drain cedar plank.
- ☐ Place fillets on plank. Spoon 1/4 cup relish atop each fillet and press to adhere.
- ☐ Place plank on grill; cover barbecue. Cook fish until just opaque in center and thermometer inserted into center registers 120°F, checking occasionally and spraying plank with water if beginning to burn, about 18 minutes.
- ☐ Transfer fish to plates.
- ☐ Serve, passing remaining relish.
- ☐ Use a 1-inch-thick cedar plank for the monkfish. Thinner planks have a tendency to burn and warp on the grill. Look for cedar marked "untreated" at lumberyards and some home-improvement stores. Or order planks from Satuee Cedar Company (sauteecedar.com; 866-728-8332).

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:21.546956435494%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg

Nutrients (% of daily need)

Calories: 304.28kcal (15.21%), Fat: 16.13g (24.81%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.98g (3.63%), Sugar: 6.86g (7.63%), Cholesterol: 44.32mg (14.77%), Sodium: 362.88mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Selenium: 65.31µg (93.3%), Vitamin C: 63.13mg (76.53%), Phosphorus: 393.53mg (39.35%), Vitamin A: 1734.27IU (34.69%), Vitamin B6: 0.69mg (34.64%), Potassium: 971.83mg (27.77%), Vitamin B12: 1.55µg (25.82%), Vitamin B3: 4.79mg (23.97%), Vitamin E: 3.03mg (20.22%), Vitamin K: 15.94µg (15.18%), Magnesium: 57.36mg (14.34%), Folate: 56.77µg (14.19%), Manganese: 0.25mg

(12.29%), Fiber: 2.71g (10.84%), Vitamin B2: 0.17mg (10.27%), Copper: 0.17mg (8.38%), Vitamin B1: 0.12mg (8.05%), Iron: 1.38mg (7.65%), Zinc: 1.08mg (7.19%), Calcium: 55.36mg (5.54%), Vitamin B5: 0.54mg (5.37%)