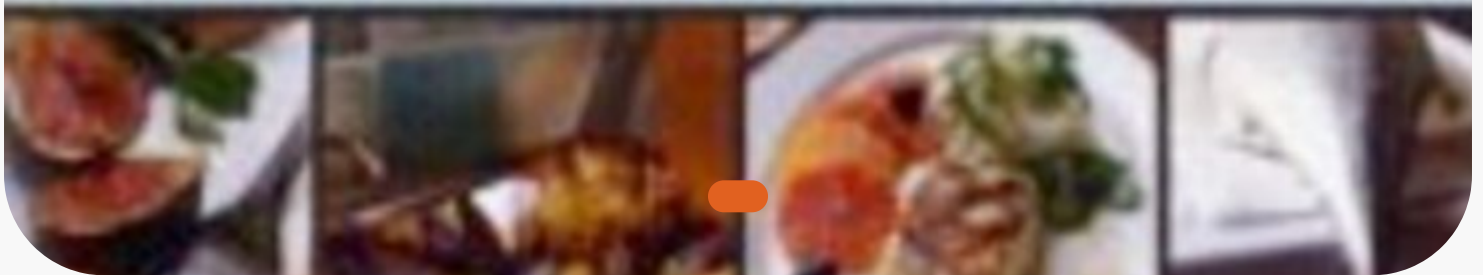


The Young Man & the Sea

RECIPES & CRISPY FISH TAILS FROM ESSA



Cook the Book: Flounder with Beets and Sugar Snap Peas

READY IN



45 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beets dried scrubbed
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup breadcrumbs store-bought
- ☐ 0.3 cup canola oil
- ☐ 3 large eggs
- ☐ 0.5 cup olive oil extra virgin plus more for drizzling
- ☐ 20 ounce sushi-grade yellowtail flounder
- ☐ 0.3 cup mint leaves

- ☐ 4 servings sea salt
- ☐ 1 pound sugar snap peas
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup wondra quick-mixing flour

Equipment

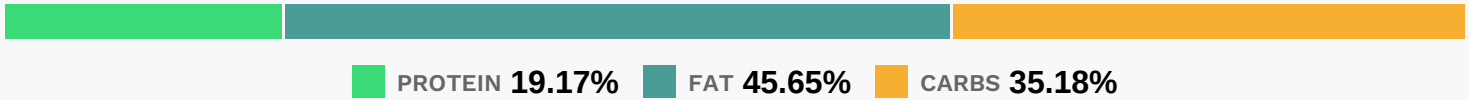
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Place each beet on a square of aluminum foil.
- ☐ Drizzle with olive oil, roll the beet to lightly coat, and season with a sprinkling of salt and pepper. Wrap loosely in the foil.
- ☐ Place the packets on a baking sheet and then in the oven. Roast until the beets are easily pierced with the point of a knife, about 1 hour.
- ☐ Remove from the oven and let cool. When cool enough to handle, peel and cut into 1/2-inch dice. Set aside.
- ☐ Finely chop half the mint leaves. In a shallow bowl, combine them with the breadcrumbs. In another shallow bowl, season the Wondra with 1 teaspoon each salt and pepper. In a third bowl, lightly beat the eggs. Dredge each flounder fillet in the seasoned flour, then dip in the beaten egg, and then in the breadcrumbs. Set aside on a baking sheet.
- ☐ In a large sauté pan, heat the 1/2 cup olive oil.
- ☐ Add the sugar snap peas, and sauté until tender, about 5 minutes.
- ☐ Add the diced beets and the reserved unchopped mint, and continue cooking for 1 minute.
- ☐ In another large, preferably nonstick, sauté pan, heat the canola oil until hot but not smoking.

- ☐
- Add the butter. When the foam subsides, add the fillets; you should hear them sizzle. Cook until golden brown, about 3 to 4 minutes per side.
- ☐
- Transfer the cooked fillets to a paper-towel-lined platter, and season immediately with salt and pepper.
- ☐
- Serve with the sugar snap peas and beets alongside.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:37.056521623031%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 704.79kcal (35.24%), Fat: 36.1g (55.54%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 54.02g (19.64%), Sugar: 14.02g (15.58%), Cholesterol: 225.86mg (75.29%), Sodium: 654.64mg (28.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.22%), Vitamin C: 74.49mg (90.29%), Selenium: 57.72µg (82.46%), Folate: 268.37µg (67.09%), Phosphorus: 586.2mg (58.62%), Manganese: 0.98mg (48.75%), Vitamin B1: 0.67mg (44.36%), Vitamin K: 44.74µg (42.61%), Vitamin A: 1901.75IU (38.04%), Iron: 6.75mg (37.49%), Vitamin E: 5.27mg (35.12%), Fiber: 8.58g (34.32%), Vitamin B12: 2.05µg (34.13%), Vitamin B2: 0.56mg (32.81%), Vitamin D: 4.88µg (32.51%), Vitamin B3: 6.01mg (30.03%), Potassium: 946.75mg (27.05%), Vitamin B6: 0.5mg (24.85%), Magnesium: 97.56mg (24.39%), Vitamin B5: 2.03mg (20.35%), Calcium: 177.05mg (17.71%), Copper: 0.31mg (15.49%), Zinc: 2.07mg (13.83%)