



Crispy Halibut with Lemony Basil Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil leaves chopped
- ☐ 14 oz coconut milk canned
- ☐ 8 servings canola oil
- ☐ 6 oz halibut steaks
- ☐ 0.5 cup milk
- ☐ 3.5 ounce panko bread crumbs
- ☐ 3 roma tomatoes diced
- ☐ 8 servings salt & pepper as needed
- ☐ 3 tablespoon shallots minced

- ☐ 1 cup white wine
- ☐ 4 zucchini end trimmed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ For the sauce: In a medium saucepan melt 2 tablespoons of the butter over medium heat.
- ☐ Add shallots and cook until shallots soften a bit, about 3 minutes.
- ☐ Add the wine and lemon zest. Increase heat to high and bring to a boil. Reduce by one-third. Reduce heat to medium, add the lemon juice, and begin whisking in the remaining butter, 1 tablespoon at a time to finish the sauce.
- ☐ Remove from heat and add the tomatoes and basil. Adjust seasoning with salt and freshly ground pepper. For the zucchini ribbons: Using a vegetable peeler, slice the zucchini into very thin pieces. In a large sauté pan bring coconut milk to a boil over medium-high heat.
- ☐ Add the zucchini and cook, stirring, 2 minutes. For the fish. In a food processor pulse panko crumbs into a fine powder and transfer to a plate. In a shallow bowl pour the milk. Season the halibut with salt and pepper. Dip each halibut steak in milk, then into panko crumbs. Press the crumbs onto both sides of fish.
- ☐ Place a large sauté pan over medium-high heat.
- ☐ Add enough canola oil to just cover the bottom of the pan.
- ☐ Heat oil and then add halibut to the pan. (Be careful to not overcrowd the fish. Wipe out the pan and repeat searing process in batches, if necessary.) Cook until a golden crust forms on the bottom of the fish, about 6 minutes. Flip and cook on the other side an additional 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:14.647826111835%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 363.85kcal (18.19%), Fat: 27.61g (42.48%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 14.74g (5.36%), Sugar: 6.81g (7.57%), Cholesterol: 12.25mg (4.08%), Sodium: 323.29mg (14.06%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 8.8g (17.6%), Manganese: 0.84mg (41.76%), Vitamin C: 22.69mg (27.5%), Selenium: 16.46µg (23.52%), Vitamin K: 23.32µg (22.21%), Vitamin E: 2.93mg (19.52%), Phosphorus: 186.97mg (18.7%), Vitamin B6: 0.37mg (18.29%), Potassium: 619.33mg (17.7%), Vitamin B3: 3.23mg (16.17%), Vitamin B1: 0.21mg (13.93%), Magnesium: 55.36mg (13.84%), Folate: 53.36µg (13.34%), Copper: 0.24mg (12.24%), Fiber: 3.05g (12.21%), Iron: 2.05mg (11.37%), Vitamin B2: 0.18mg (10.61%), Vitamin A: 507.9IU (10.16%), Vitamin D: 1.17µg (7.78%), Calcium: 75.75mg (7.57%), Zinc: 1.07mg (7.12%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.54mg (5.37%)