



 **100%**
HEALTH SCORE

Crispy Herb Crusted Halibut with Curly Celery and Haricots Verts

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

READY IN



50 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ribs celery
- 0.5 bunch chives minced
- 1 eggs with 1 tablespoon water beaten
- 4 sprigs flat-leaf parsley finely chopped
- 2 garlic cloves
- 24 ounce pacific halibut filets skinless
- 0.5 pound haricots verts

- 4 servings kosher salt
- 1 optional: lemon divided halved
- 4 servings olive oil extra-virgin
- 1 cup potato flakes instant mashed
- 1 pinch pepper flakes red crushed
- 0.5 bunch thyme leaves chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- pot
- salad spinner
- peeler

Directions

- Watch how to make this recipe.
- Using a sharp veggie peeler, shave the celery to get long thin shavings.
- Put the celery shavings in ice water with half a lemon and its juice and let sit for at least 1 hour or overnight in the refrigerator. The celery will get very crunchy, curly and cute.
- Bring a pot of well salted water to a boil, over medium heat and set up a bowl of well salted ice water. Toss the haricots verts in the boiling water and cook until the beans are tender but still firm.
- Remove the beans from the boiling water and plunge immediately into the ice water and let them cool. When they are cold and still vibrantly green, remove them from the ice water and reserve.
- Season the fish fillets with salt.

- Combine the herbs and the potato flakes in a shallow dish. Dip the flesh side of each fillet into the egg wash and then press them into the herb/potato flake mixture. Put on a sheet tray with the crusted side up.
- Preheat the oven to 350 degrees F.
- Coat a large saute pan with olive oil and heat it over medium-high heat. When the oil is hot but not smoking, add the fish, crusted side down. When the crust has become golden and crispy, flip them over, then transfer the fish to a baking sheet lined with a cooling rack and put in the preheated oven for 5 to 6 minutes.
- Remove the oil in the saute pan and add new oil. Toss in the garlic and crushed red pepper. When the garlic becomes golden and aromatic remove it and discard. Toss in the reserved haricots verts, season with salt, to taste, and roll them around in the oil to heat through. When they are hot, turn off the heat and reserve them in the pan.
- Remove the celery from the ice water and dry in a salad spinner to remove the excess water.
- Add the celery to the pan with the beans. Squeeze in the juice from the remaining lemon half and season with salt, if needed.
- Divide the veggies between 4 serving plates and top with the crusted fish.

Nutrition Facts



Properties

Glycemic Index:76.38, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:29.813478158868%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 3.89mg, Apigenin: 3.89mg, Apigenin: 3.89mg, Apigenin: 3.89mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 368.78kcal (18.44%), Fat: 16.66g (25.63%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 16.75g (6.09%), Sugar: 3.87g (4.3%), Cholesterol: 83.35mg (27.78%), Sodium: 378.81mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.81g (69.62%), Selenium: 80.49µg (114.98%), Vitamin

K: 69.21µg (65.91%), Vitamin B3: 12.69mg (63.43%), Vitamin B6: 1.21mg (60.64%), Vitamin D: 7.99µg (53.3%), Phosphorus: 468.86mg (46.89%), Vitamin C: 38.13mg (46.21%), Potassium: 1234.27mg (35.26%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 3.51mg (23.42%), Vitamin B1: 0.31mg (20.51%), Magnesium: 73.93mg (18.48%), Vitamin A: 919.49IU (18.39%), Folate: 72.91µg (18.23%), Fiber: 4.39g (17.57%), Manganese: 0.27mg (13.66%), Vitamin B5: 1.24mg (12.39%), Vitamin B2: 0.17mg (10.11%), Iron: 1.59mg (8.82%), Calcium: 75.03mg (7.5%), Copper: 0.14mg (7.21%), Zinc: 0.99mg (6.6%)