

food
network



HEALTH SCORE

59%

Crispy Oven Fish Fry with Mushy Peas



Very Healthy

READY IN

**75 min.**

SERVINGS

**4**

CALORIES

**657 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 5 tablespoons butter
- ☐ 2 cups chicken stock-in-a-box
- ☐ 2 tablespoons chives finely chopped
- ☐ 1.5 pounds cod rectangular
- ☐ 2 extra large egg whites beaten
- ☐ 1 tablespoon szeged fish spice recommended: Old Bay
- ☐ 1 cup flat-leaf parsley packed

- ☐ 1 cup mint leaves fresh packed
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon granulated onion
- ☐ 1 lemon zest
- ☐ 4 servings malt vinegar
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 cups panko crumbs
- ☐ 3 cups defrosted peas frozen dry organic shelled
- ☐ 4 servings salt
- ☐ 2 large shallots finely chopped
- ☐ 2 tablespoons freshly thyme leaves chopped

Equipment

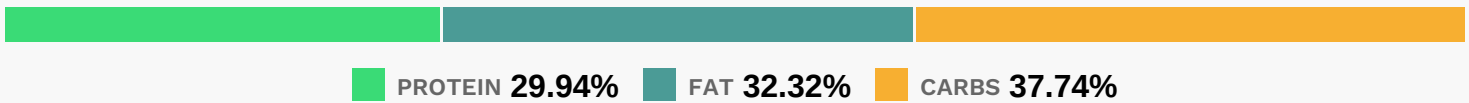
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Heat the oven to 400 degrees F. Arrange a baking rack over the top of a baking sheet.
- ☐ Melt 4 tablespoons butter over low heat in small pot.
- ☐ Put the bread crumbs in a shallow dish and douse with the melted butter and toss to combine. Season with seafood seasoning, granulated onion powder, granulated garlic, citrus zest, thyme and chives.
- ☐ Clean and pat the fish dry, then season with salt, to taste. Coat the fish in egg whites, then gently press them into the bread crumbs to coat evenly, then arrange them on the baking rack.

- ☐ Bake on center rack of the oven until the fish is white and flaky and the crumbs are golden, about 20 minutes.
- ☐ Meanwhile, add the parsley and mint to a food processor and pulse to finely chop, then scrape into a bowl and set aside. Return the base to the processor; do not rinse the base.
- ☐ Add the peas and pulse until very finely chopped.
- ☐ In a medium saucepan, heat 1 tablespoon of extra-virgin olive oil, a turn of the pan, and the remaining butter over medium heat.
- ☐ Add the shallots and saute for 5 minutes, then add the stock and peas and bring to a bubble over medium-high heat. Cook the fresh peas for about 10 minutes, and about 6 to 7 minutes, if using frozen defrosted peas. When most of the liquid has evaporated, season with salt and pepper, to taste, and stir in the herbs.
- ☐ Remove from the heat.
- ☐ Spoon pools of not-so-mushy peas onto each dinner plate and top with crispy fish batons. Douse the fish with lots of malt vinegar and enjoy!

Nutrition Facts



Properties

Glycemic Index:83.33, Glycemic Load:5.11, Inflammation Score:-10, Nutrition Score:45.313043262648%

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 Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 33.02mg, Apigenin: 33.02mg, Apigenin: 33.02mg, Apigenin: 33.02mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 656.51kcal (32.83%), Fat: 23.54g (36.22%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 50.56g (18.39%), Sugar: 12.37g (13.74%), Cholesterol: 114.37mg (38.12%), Sodium: 946.28mg (41.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.07g (98.14%), Vitamin K: 291.27µg (277.4%), Selenium: 76.43µg (109.19%), Vitamin C: 78.93mg (95.68%), Vitamin A: 3342.1IU (66.84%), Manganese:

1.27mg (63.6%), Vitamin B1: 0.95mg (63.33%), Phosphorus: 621mg (62.1%), Vitamin B3: 11.23mg (56.16%), Folate: 184.55µg (46.14%), Fiber: 11.29g (45.16%), Vitamin B6: 0.88mg (43.83%), Potassium: 1477.16mg (42.2%), Iron: 7.55mg (41.95%), Vitamin B2: 0.68mg (40.12%), Magnesium: 148.03mg (37.01%), Vitamin B12: 1.75µg (29.14%), Copper: 0.55mg (27.34%), Zinc: 3.53mg (23.53%), Calcium: 234.99mg (23.5%), Vitamin E: 2.37mg (15.79%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.86mg (8.57%)