



WHATSheATE



Fish Wrapped in Banana Leaves with Chile Rajas and Crema

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 lb banana leaves frozen thawed
- ☐ 8 servings cilantro leaves fresh
- ☐ 1 cup crème fraîche thick for drizzling if desired (Mexican cream)
- ☐ 6 oz pacific halibut filets skinless
- ☐ 1.5 lb poblano pepper fresh
- ☐ 3 tablespoons safflower oil
- ☐ 0.8 teaspoon salt

- ☐ 1.5 lb onion white halved lengthwise sliced lengthwise

Equipment

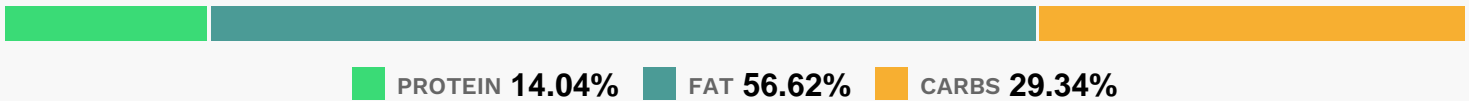
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stove
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Roast chiles on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes. (Or broil chiles on a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes.)
- ☐ Transfer to a large bowl and cover tightly with plastic wrap, then let stand 20 minutes.
- ☐ When cool enough to handle, peel chiles, discarding stems and seeds (do not rinse under running water as this washes away flavor), and cut lengthwise into 1/4-inch-thick strips.
- ☐ Cook onions with salt in oil in a 12-inch heavy skillet over moderate heat, stirring, until onions are tender but still have texture, about 10 minutes. Stir in chiles and cook, stirring, 1 minute, then season with salt.
- ☐ Preheat oven to 450°F.
- ☐ Unfold banana leaves.
- ☐ Cut off (and reserve) tough center rib that runs along bottom edge of each leaf with kitchen shears.
- ☐ Cut ribs into 12- to 14-inch strips for tying packets. Gently cut leaves into 8 (12-inch) squares, being careful not to split them.
- ☐ Slowly run a banana-leaf square across flame of a gas burner, just enough to "melt" outer coating on leaf (it will become quite shiny; if you have an electric stove, hold leaf slightly above burner on moderately high).

- ☐ Place a piece of fish in center of square and season with salt, then top with 1/2 cup rajas and 2 tablespoons crema. Fold 2 sides of banana leaf over fish to enclose it, then fold in opposite sides to form a packet. Tie packet with a strip of banana-leaf rib and transfer to a large baking sheet. Assemble 7 more packets in same manner.
- ☐ Bake fish packets in middle of oven 20 minutes, then transfer each to a large plate or shallow soup bowl.
- ☐ Cut ties of packets and open them (leaves are not edible).
- ☐ Drizzle fish with additional crema.
- ☐ * Available at Latino and Asian markets.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:11.937391270762%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.2mg, Quercetin: 19.2mg, Quercetin: 19.2mg, Quercetin: 19.2mg

Nutrients (% of daily need)

Calories: 173.74kcal (8.69%), Fat: 11.34g (17.45%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 10.33g (3.76%), Sugar: 6.63g (7.36%), Cholesterol: 27.38mg (9.13%), Sodium: 247.38mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Vitamin C: 74.96mg (90.86%), Vitamin B6: 0.42mg (21.05%), Selenium: 11.19µg (15.98%), Vitamin E: 2.36mg (15.76%), Fiber: 2.89g (11.58%), Potassium: 402mg (11.49%), Phosphorus: 113.75mg (11.38%), Manganese: 0.22mg (11%), Vitamin A: 516.49IU (10.33%), Vitamin B3: 1.92mg (9.59%), Vitamin K: 7.75µg (7.38%), Folate: 29µg (7.25%), Vitamin B1: 0.1mg (6.94%), Vitamin D: 1µg (6.66%), Magnesium: 24.81mg (6.2%), Vitamin B2: 0.1mg (5.98%), Calcium: 58.79mg (5.88%), Copper: 0.1mg (4.99%), Vitamin B12: 0.29µg (4.9%), Vitamin B5: 0.36mg (3.59%), Iron: 0.53mg (2.92%), Zinc: 0.43mg (2.85%)