



## Flounder with Herbed Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 tablespoons cooking oil
- ☐ 1.3 cups couscous
- ☐ 0.8 cup flat-leaf parsley leaves loosely packed
- ☐ 2 pounds sushi-grade yellowtail flounder
- ☐ 0.3 cup flour
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 2 teaspoons juice of lemon
- ☐ 1.3 teaspoons salt

- ☐ 2 scallions including tops green chopped
- ☐ 2.3 cups water

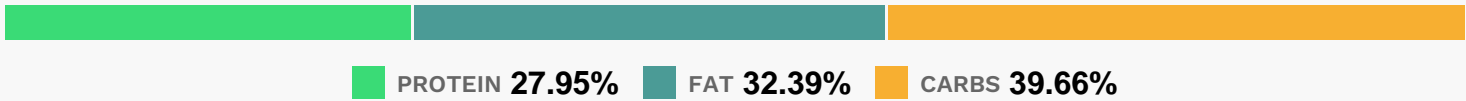
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ In a blender, puree the parsley and scallions with the lemon juice, 2 tablespoons of the oil, 1/4 cup of the water, and 1/4 teaspoon each of the salt and pepper.
- ☐ In a medium saucepan, bring the remaining 2 cups water to a boil with 3/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Stir in 3 tablespoons of the parsley puree and the couscous. Cover, remove from the heat, and let sit for 5 minutes.
- ☐ In a large nonstick frying pan, heat the remaining 2 tablespoons oil over moderately high heat.
- ☐ Sprinkle the fish with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Dust the flounder with the flour and shake off any excess. Saut the fish until brown and just done, about 2 minutes a side for 1/2-inch-thick fillets.
- ☐ Serve the fish on the couscous with the remaining parsley puree on the top.
- ☐ Fish Alternatives: Any mild-tasting fish fillets will go well with the relatively delicate sauce. Try lake perch, whiting, croaker, drum, or bass, or of course, any of the flounder family, such as lemon or gray sole.
- ☐ Variation: Flounder with Basil and Parsley Couscous: Make the herb puree with 1/4 cup fresh basil and 1/2 cup flat-leaf parsley leaves.
- ☐ Wine Recommendation: Match the tartness of the lemon juice with an acidic white wine. Try a good-quality Soave or Orvieto from Italy.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:31.71, Inflammation Score:-8, Nutrition Score:27.262173818505%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 535.24kcal (26.76%), Fat: 18.94g (29.14%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 48.45g (17.62%), Sugar: 0.32g (0.36%), Cholesterol: 102.06mg (34.02%), Sodium: 930.35mg (40.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.56%), Vitamin K: 207.77µg (197.87%), Selenium: 63.05µg (90.07%), Phosphorus: 687.53mg (68.75%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Manganese: 0.61mg (30.62%), Vitamin E: 4.01mg (26.72%), Vitamin B3: 5.02mg (25.09%), Vitamin A: 1084.56IU (21.69%), Vitamin C: 17.06mg (20.68%), Magnesium: 76.88mg (19.22%), Potassium: 553.55mg (15.82%), Vitamin B6: 0.31mg (15.26%), Fiber: 3.72g (14.9%), Folate: 58.67µg (14.67%), Vitamin B1: 0.22mg (14.61%), Iron: 2.22mg (12.36%), Vitamin B5: 1.23mg (12.29%), Copper: 0.25mg (12.29%), Zinc: 1.42mg (9.49%), Calcium: 88.74mg (8.87%), Vitamin B2: 0.15mg (8.58%)