



## Grilled Grouper with Browned Butter-Orange Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon coriander seeds
- ☐ 1 cup couscous uncooked
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 Dash ground pepper red
- ☐ 24 ounce grouper fillets

- ☐ 0.5 cup orange sections coarsely chopped
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

## Directions

- ☐ To prepare couscous, melt butter in a large stainless steel skillet over medium-high heat.
- ☐ Add almonds; saut 2 minutes or until almonds are toasted and butter is lightly browned.
- ☐ Add couscous; cook 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Bring broth to a boil in a medium saucepan over high heat. Gradually add broth to couscous mixture in pan; cover and let stand 5 minutes. Fluff with a fork. Stir in oranges, pomegranate seeds, parsley, and 1/4 teaspoon salt.
- ☐ To prepare grouper, place 1/4 teaspoon salt, coriander, peppercorns, and red pepper in a spice or coffee grinder, and process until finely ground. Rub spice mixture evenly over fish.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange fillets in pan; cook 4 minutes. Turn fillets over; cook 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with couscous.
- ☐ Wine note: Oranges in the couscous and ground coriander on the fish are the biggest factors to consider. I suggest a riesling from Washington State. Like the dish, it is light yet bold; its subtle sweetness balances the intensity of the coriander. Try Chateau Ste. Michelle 2004 Johannisberg Riesling from Washington's Columbia Valley (\$10). –Karen MacNeil

## Nutrition Facts



Properties

Glycemic Index:82.63, Glycemic Load:22.43, Inflammation Score:-7, Nutrition Score:22.040869629901%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 3.48mg, Naringenin: 3.48mg, Naringenin: 3.48mg, Naringenin: 3.48mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 434.72kcal (21.74%), Fat: 11.46g (17.64%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 36.05g (13.11%), Sugar: 3.99g (4.43%), Cholesterol: 77.99mg (26%), Sodium: 692.91mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.07g (82.15%), Selenium: 64.88µg (92.68%), Vitamin K: 52.29µg (49.8%), Phosphorus: 404.69mg (40.47%), Manganese: 0.62mg (31.24%), Potassium: 1066.83mg (30.48%), Vitamin B6: 0.61mg (30.37%), Magnesium: 97.9mg (24.48%), Vitamin B5: 2.09mg (20.86%), Vitamin C: 17.08mg (20.7%), Vitamin B12: 1.23µg (20.52%), Fiber: 4.31g (17.22%), Vitamin B1: 0.24mg (16.07%), Iron: 2.71mg (15.05%), Vitamin B3: 2.99mg (14.95%), Vitamin A: 734.99IU (14.7%), Vitamin E: 2.03mg (13.52%), Copper: 0.27mg (13.5%), Folate: 43.46µg (10.86%), Zinc: 1.52mg (10.1%), Calcium: 98.61mg (9.86%), Vitamin B2: 0.16mg (9.51%)