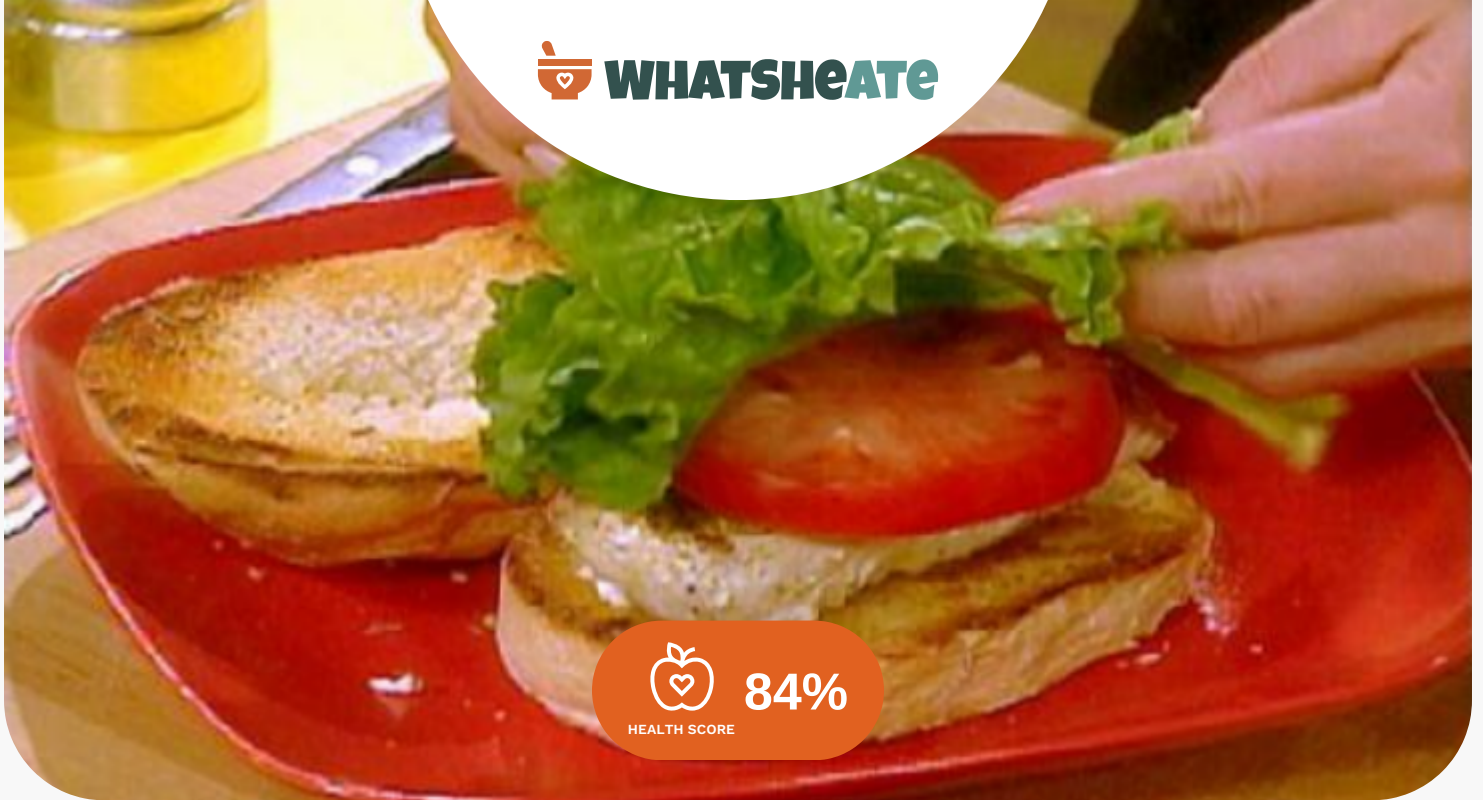




Grilled Halibut Fish Sandwiches with Tartar Sauce

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus thin
- ☐ 4 leaves boston lettuce green
- ☐ 2 tablespoons butter melted
- ☐ 10 blades chives fresh thinly sliced chopped thin
- ☐ 0.5 pound bow tie pasta cooled cooked
- ☐ 2 teaspoons crab boil seasoning recommended: Old Bay
- ☐ 4 crusty rolls split

- ☐ 2 endive cored thinly sliced
- ☐ 0.3 cup flat parsley chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1.3 pounds halibut fresh cut into 4 servings, 4 to 6 ounces each,
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings olive oil for drizzling
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.5 cup peas green frozen
- ☐ 3 drops cayenne pepper sauce
- ☐ 1 half-sour pickle finely chopped
- ☐ 1 bag gourmet chips
- ☐ 0.5 small bell pepper red chopped
- ☐ 1 cup reduced fat mayonnaise
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small shallot or finely chopped
- ☐ 2 tablespoons relish sweet
- ☐ 1 large tomatoes ripe sliced
- ☐ 3 tablespoons citrus champagne vinegar

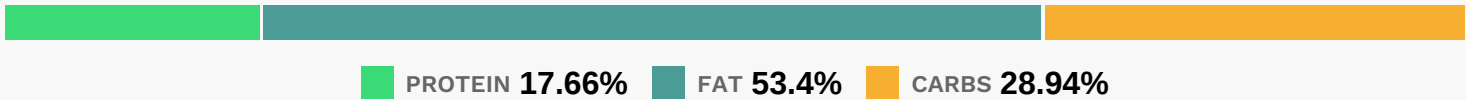
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ stove
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Preheat nonstick or well-seasoned cast iron grill pan over medium high heat.
- ☐ Drizzle halibut pieces with oil, then season with crab boil seasoning, salt and pepper. Grill on a hot pan 4 or 5 minutes on each side.
- ☐ Place melted butter in a small dish and add juice of 1/2 lemon.
- ☐ Combine all ingredients for the tartar sauce in a small bowl.
- ☐ Lightly toast buns on grill pan after fish is removed.
- ☐ To assemble, brush bun bottoms and fish with lemon butter. Top fish with tomato and lettuce and slather the bun tops with tartar sauce, then serve.
- ☐ Serve with Asparagus salad and fancy chips.
- ☐ Heat shallot and oil in microwave safe covered dish for 30 seconds or in a small pan on the stovetop over medium low heat for 5 minutes. Allow oil to cool back to room temperature.
- ☐ Hold a spear of asparagus at each end and snap it. The spear breaks where the tender tops meet the tough bottoms. Line the broken spear up with the bundle of cleaned asparagus.
- ☐ Cut the spears using the guideline of the snapped spear. Par boil the asparagus tops in 1 inch simmering water covered for 3 to 5 minutes. Cool under cold running water and drain.
- ☐ Cut asparagus into 1-inch pieces on an angle and add to a bowl.
- ☐ Combine chopped, cooked asparagus with shredded endive, red bell pepper, cooked pasta, green peas and chopped parsley. The peas will defrost as you toss salad.
- ☐ Pour vinegar into a small bowl and whisk in cooled shallot oil.
- ☐ Pour dressing over salad and toss. Season salad with salt and pepper, to your taste and toss again.
- ☐ Prep Time: 10 minutes
- ☐ Cook Time: 20 minutes, overlapping, including pasta
- ☐ Ease of preparation: easy

Nutrition Facts



Properties

Glycemic Index:159.15, Glycemic Load:10.7, Inflammation Score:-10, Nutrition Score:56.023043342259%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 6.97mg, Isorhamnetin: 6.97mg, Isorhamnetin: 6.97mg, Isorhamnetin: 6.97mg Kaempferol: 24.71mg, Kaempferol: 24.71mg, Kaempferol: 24.71mg, Kaempferol: 24.71mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg

Nutrients (% of daily need)

Calories: 921.44kcal (46.07%), Fat: 55.56g (85.48%), Saturated Fat: 11.15g (69.7%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 53.01g (19.27%), Sugar: 11.27g (12.53%), Cholesterol: 93.47mg (31.16%), Sodium: 1105.45mg (48.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Vitamin K: 726.15µg (691.57%), Vitamin A: 8247IU (164.94%), Selenium: 96.89µg (138.41%), Folate: 500.35µg (125.09%), Manganese: 1.88mg (94.18%), Vitamin B3: 14.36mg (71.8%), Vitamin C: 57mg (69.09%), Vitamin E: 10.08mg (67.21%), Phosphorus: 591.44mg (59.14%), Fiber: 14.77g (59.08%), Vitamin B6: 1.15mg (57.64%), Potassium: 1963.25mg (56.09%), Vitamin B1: 0.76mg (50.53%), Iron: 8.24mg (45.76%), Vitamin D: 6.66µg (44.41%), Copper: 0.7mg (35.01%), Vitamin B2: 0.59mg (34.98%), Vitamin B5: 3.3mg (32.95%), Magnesium: 126.98mg (31.75%), Zinc: 4.15mg (27.68%), Vitamin B12: 1.57µg (26.19%), Calcium: 250.37mg (25.04%)