



Grilled Halibut with Smashed Fingerlings and Tomato Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cherry tomatoes
- 2 pounds fingerling potatoes
- 4 garlic thinly sliced
- 24 ounce pacific halibut filets skinless
- 1 lemon zest finely grated
- 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- 0.5 cup parsley chopped

- 4 servings pepper freshly ground
- 4 servings salt
- 2 shallots thinly sliced
- 0.3 cup tarragon whole chopped
- 6 tablespoons butter unsalted

Equipment

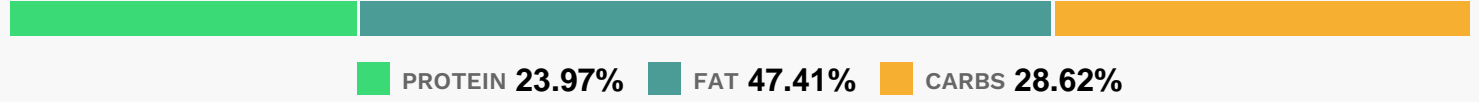
- bowl
- frying pan
- sauce pan
- grill
- spatula

Directions

- In a medium bowl, toss the parsley with the chopped tarragon and lemon zest. Rub the herbs all over the halibut; cover and refrigerate for 2 hours.
- In a large saucepan, cover the potatoes with water and bring to a boil. Salt generously and simmer over moderately high heat until tender, about 10 minutes.
- Drain and let cool to room temperature.
- Light a grill. In a large nonstick skillet, heat the 1/4 cup of olive oil.
- Add the garlic and shallots and cook over moderately high heat until golden, about 2 minutes.
- Add the potatoes and cook over low heat, smashing them gently with a spatula, until they start to break apart. Continue cooking, stirring a few times, until the potatoes are browned and crisp, about 5 minutes total. Season with salt and pepper.
- In a medium skillet, melt the butter.
- Add the whole tarragon leaves and cook over moderate heat until the tarragon is fragrant, about 2 minutes.
- Add the tomatoes and cook over low heat, stirring occasionally, until the tomatoes burst and the butter is browned, about 7 minutes. Season with salt and pepper.

- Drizzle the halibut with olive oil and season with salt and pepper. Grill the fillets over moderately high heat until nicely charred and just cooked, about 3 minutes per side.
- Transfer the fish to plates and spoon the tomato butter on top.
- Serve immediately with the smashed potatoes.

Nutrition Facts



Properties

Glycemic Index:81.94, Glycemic Load:30.83, Inflammation Score:-9, Nutrition Score:39.003478381945%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 626.63kcal (31.33%), Fat: 33.33g (51.28%), Saturated Fat: 13.28g (83.02%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 39.13g (14.23%), Sugar: 3.03g (3.36%), Cholesterol: 128.5mg (42.83%), Sodium: 334.41mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.92g (75.85%), Vitamin K: 137.34µg (130.8%), Selenium: 79.22µg (113.17%), Vitamin B6: 1.77mg (88.6%), Vitamin C: 61.09mg (74.05%), Vitamin B3: 13.93mg (69.66%), Phosphorus: 563.69mg (56.37%), Vitamin D: 8.31µg (55.4%), Potassium: 1904.54mg (54.42%), Manganese: 0.74mg (36.84%), Vitamin B12: 1.91µg (31.78%), Vitamin A: 1431.82IU (28.64%), Magnesium: 110.67mg (27.67%), Fiber: 6.15g (24.6%), Vitamin E: 3.58mg (23.89%), Iron: 3.87mg (21.49%), Folate: 82.57µg (20.64%), Vitamin B1: 0.3mg (19.87%), Copper: 0.35mg (17.31%), Vitamin B5: 1.37mg (13.74%), Vitamin B2: 0.19mg (11.11%), Zinc: 1.59mg (10.6%), Calcium: 104.05mg (10.4%)