



Halibut on Mashed Fava Beans with Mint



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings flour (for dredging)
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 pounds avarakkai / broad beans fresh shelled
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 30 ounce pacific halibut filets
- ☐ 2 teaspoons lemon zest divided finely grated
- ☐ 9 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 pinches pepper dried red divided crushed

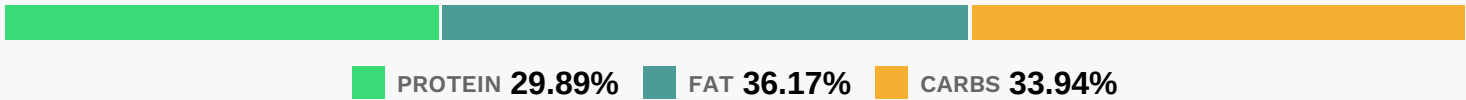
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Cook fava beans in large saucepan ofboiling salted water 2 minutes; drain.
- ☐ Transfer to large bowl of ice water. Coolbeans; peel if using fresh beans. DO AHEAD:Can be made 1 day ahead. Cover and chill.
- ☐ Mix 2 teaspoons mint, 1 teaspoonlemon peel, 3/4 teaspoon coarse salt, and 1pinch of red pepper in small bowl. Arrangefish on large rimmed baking sheet. Rubmint mixture all over fish. DO AHEAD: Can bemade 4 hours ahead. Cover and chill.
- ☐ Heat 2 tablespoons oil in heavy largesillet over medium heat.
- ☐ Add fava beans.
- ☐ Sprinkle with coarse salt, black pepper,and pinch of red pepper. Cook until heatedthrough and tender, stirring occasionallyand adding water by 1/4 cupfuls if dry, about5 minutes. Using potato masher, mashbeans to coarse puree, adding water by 1/4cupfuls if dry. Season with salt and pepper.DO AHEAD: Can be made 4 hours ahead.
- ☐ Letstand at room temperature.
- ☐ Dredge fish in flour, shaking off excess.
- ☐ Heat 2 tablespoons oil in each of 2 heavylarge skillets over medium-high heat. Cookfish until lightly browned and just opaquein center, about 4 minutes per side.
- ☐ Meanwhile, rewarm fava bean puree.Stir in remaining 1/4 cup mint, 1 teaspoonlemon peel, and 3 tablespoons olive oil.
- ☐ Divide fava bean puree among plates.Top with fish and serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:22.89, Inflammation Score:-8, Nutrition Score:32.78347837925%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 591.84kcal (29.59%), Fat: 23.87g (36.73%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 50.42g (16.81%), Net Carbohydrates: 37.88g (13.78%), Sugar: 4.18g (4.64%), Cholesterol: 69.46mg (23.15%), Sodium: 399.58mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.78%), Selenium: 73.09µg (104.41%), Folate: 266.74µg (66.68%), Phosphorus: 626.32mg (62.63%), Vitamin B3: 11.29mg (56.45%), Manganese: 1.02mg (51.16%), Fiber: 12.53g (50.14%), Vitamin B6: 0.95mg (47.26%), Vitamin D: 6.66µg (44.41%), Potassium: 1234.62mg (35.27%), Magnesium: 131.96mg (32.99%), Copper: 0.63mg (31.6%), Vitamin E: 3.95mg (26.35%), Vitamin B12: 1.56µg (25.99%), Vitamin B1: 0.35mg (23.35%), Iron: 4.11mg (22.83%), Zinc: 2.86mg (19.05%), Vitamin K: 19.28µg (18.36%), Vitamin B2: 0.28mg (16.61%), Calcium: 94.17mg (9.42%), Vitamin B5: 0.88mg (8.78%), Vitamin A: 140.62IU (2.81%), Vitamin C: 1.55mg (1.88%)