Halibut Parchment Packets with Coconut-Almond Rice

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	442 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.8 pound asparagus ends trimmed cut into 2-in. pieces on the diagonal
- [ ] 0.5 cup rice
- [ ] 0.8 cup coconut milk canned
- [ ] 0.3 cup cilantro leaves
- [ ] 24 oz pacific halibut filets
- [ ] 0.8 teaspoon kosher salt divided
- [ ] 4 servings lime wedges

- [ ] 0.3 teaspoon pepper
- [ ] 0.8 teaspoon curry paste red
- [ ] 3 tablespoons slivered almonds
- [ ] 0.3 pound sugar snap peas
- [ ] 3 tablespoons coconut or unsweetened flaked

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] knife
- [ ] whisk
- [ ] microwave

Directions

- [ ] Preheat oven to 40
- [ ] In a small bowl, whisk curry paste, gradually adding coconut milk.
- [ ] Transfer 1/2 cup sauce to another bowl; set bowls aside.
- [ ] Toast almonds in a small saucepan over medium heat until golden, 3 minutes. Stir in rice, reserved 1/2 cup sauce, 1/2 cup water, the coconut, and 1/2 tsp. salt. Bring to a boil, then reduce heat and simmer, covered, until rice is tender, 16 to 18 minutes.
- [ ] Season halibut with remaining 1/4 tsp. salt and the pepper while rice cooks.
- [ ] Cut 4 pieces of parchment, each 12 by 14 in. Set a fillet in center of each, then mound asparagus and peas on top (some may roll off). For each packet, bring 2 opposite sides of parchment up over ingredients and fold several times to seal. Bring other sides up and fold to seal.
- [ ] Place packets, folded sides up, on a rimmed baking sheet.
- [ ] Bake until fish is just opaque (poke with a sharp knife to check), 10 to 15 minutes.

- [ ] Microwave remaining 1/4 cup sauce to warm. Divide rice among 4 plates and top each with fish and vegetables from a packet, discarding extra liquid.
- [ ] Drizzle sauce over dishes and sprinkle with cilantro.
- [ ] Serve with lime wedges.
- [ ] *Find in grocery stores' Asian-foods aisle.

Nutrition Facts

PROTEIN **34.7%** FAT **39.21%** CARBS **26.09%**

Properties

Glycemic Index:62.3, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:33.687826073688%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg 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: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg, Isorhamnetin: 5.05mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg

Nutrients (% of daily need)

Calories: 441.71kcal (22.09%), Fat: 19.53g (30.04%), Saturated Fat: 12.54g (78.38%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 23.75g (8.64%), Sugar: 4.96g (5.51%), Cholesterol: 83.35mg (27.78%), Sodium: 564.42mg (24.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.77%), Selenium: 87.02µg (124.32%), Vitamin B3: 13.1mg (65.48%), Manganese: 1.18mg (59.09%), Phosphorus: 576.93mg (57.69%), Vitamin B6: 1.13mg (56.57%), Vitamin D: 7.99µg (53.3%), Vitamin K: 45.86µg (43.67%), Potassium: 1196.68mg (34.19%), Vitamin B12: 1.87µg (31.18%), Vitamin C: 23.73mg (28.76%), Vitamin E: 4.17mg (27.78%), Magnesium: 104.43mg (26.11%), Vitamin A: 1281.49IU (25.63%), Copper: 0.5mg (25.24%), Iron: 4.07mg (22.62%), Folate: 89.95µg (22.49%), Fiber: 5.48g (21.94%), Vitamin B1: 0.3mg (19.72%), Vitamin B2: 0.3mg (17.43%), Vitamin B5: 1.42mg (14.21%), Zinc: 2.02mg (13.47%), Calcium: 82.47mg (8.25%)