



Halibut Poached in Olive Oil with Broccoli Rabe Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces broccoli rabe ()
- ☐ 2 cloves garlic
- ☐ 24 ounce halibut
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 cups olive oil

- ☐ 0.3 cup parmesan grated
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 cups vegetable oil
- ☐ 1 cup walnuts toasted

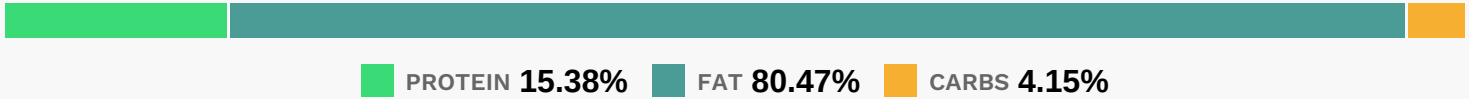
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Bring a small pot of salted water to a boil over high heat.
- ☐ Add the broccoli rabe and cook until tender, about 5 minutes.
- ☐ Transfer the cooked broccoli rabe to an ice bath and let cool, about 3 minutes. Shake off the excess water and transfer to a food processor.
- ☐ Add the garlic, walnuts, honey, salt, and pepper process until smooth. With the machine running gradually pour in the extra-virgin olive oil.
- ☐ Transfer the pesto to a small bowl and stir in the Parmesan. Cover and set aside.;
- ☐ In a medium, heavy skillet, heat the olive oil and vegetable oil over medium-low heat. Using a deep-fry thermometer, heat the oil to 200 degrees F. Reduce the heat to low to sustain the 200 degree F temperature. Season the fish with salt and pepper. Gently place the fish in the oil making sure it is submerged beneath the surface. Poach the fish until just cooked through, about 6 to 7 minutes.;
- ☐ Place about 1/2 cup of Broccoli Rabe Pesto on a serving plate and gently smooth out to make a bed for the fish. Using a slotted fish spatula gently transfer the cooked fish from the poaching oil to the serving plate, placing the fish on top of the bed of pesto.
- ☐ Serve immediately.;

Nutrition Facts



Properties

Glycemic Index:68.82, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:37.427391342495%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 1024.47kcal (51.22%), Fat: 93.64g (144.07%), Saturated Fat: 13.4g (83.75%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.36g (5.95%), Cholesterol: 87.6mg (29.2%), Sodium: 817.96mg (35.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.26g (80.53%), Vitamin K: 197.85µg (188.43%), Selenium: 81.24µg (116.06%), Vitamin E: 10.96mg (73.07%), Manganese: 1.32mg (65.9%), Vitamin B3: 12.13mg (60.65%), Vitamin B6: 1.21mg (60.64%), Phosphorus: 590.46mg (59.05%), Vitamin D: 8.03µg (53.51%), Vitamin A: 1657.33IU (33.15%), Vitamin B12: 1.95µg (32.43%), Potassium: 999.8mg (28.57%), Copper: 0.54mg (27.07%), Magnesium: 101.65mg (25.41%), Folate: 96.78µg (24.2%), Vitamin B1: 0.28mg (18.83%), Calcium: 181.23mg (18.12%), Iron: 2.75mg (15.28%), Vitamin C: 12.33mg (14.94%), Fiber: 3.62g (14.48%), Zinc: 2.16mg (14.39%), Vitamin B2: 0.19mg (11.36%), Vitamin B5: 0.98mg (9.78%)