



Halibut with Roasted Leeks and Tomatoes



Gluten Free

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READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 tablespoons butter divided
- ☐ 0.8 cup chicken stock see
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pint grape tomatoes halved
- ☐ 4 tablespoons grapeseed oil divided
- ☐ 24 ounce halibut steaks
- ☐ 1 juice of lemon juiced

- ☐ 4 leeks white green rinsed trimmed cut into 2-inch sections well
- ☐ 1 teaspoon rosemary leaves chopped
- ☐ 1 teaspoon sea salt plus more for seasoning
- ☐ 1 teaspoon thyme leaves minced
- ☐ 1 tablespoon balsamic vinegar dark white

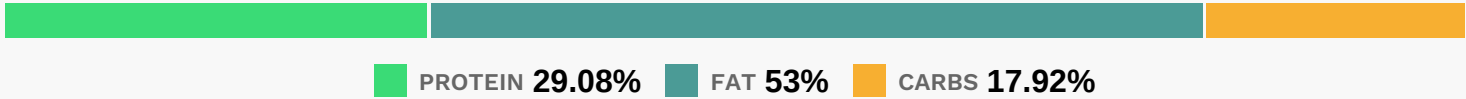
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the leeks in a roasting pan. Toss the tomatoes with 2 tablespoons grapeseed oil, vinegar, rosemary, thyme, and salt in a small bowl and add it to the leeks and toss.
- ☐ Put the pan in the oven, uncovered, and roast for 20 minutes, stirring after 10 minutes.
- ☐ Remove from oven when the leeks have softened to touch or when the tomatoes have begun to shrivel.
- ☐ In a large nonstick pan, over medium-high heat, add 2 tablespoons butter and allow the butter to melt.
- ☐ Drizzle the halibut with remaining oil, and season with salt and pepper, to taste.
- ☐ Put the halibut in the buttered pan, skin side down, and reduce the heat to medium. Allow the fish to cook for 5 minutes, carefully flip and repeat the cooking process on the second side. After the second side has cooked, remove the halibut to a plate and keep warm. Return the pan to high heat. Stir in the wine with a wooden spoon, to deglaze the pan.
- ☐ Add the lemon juice and chicken stock. This pan sauce should reduce by half, or until thickened. Once the sauce has reduced, remove the pan from the heat and stir in the remaining butter. Arrange the halibut on serving plates, drizzle with the sauce and serve with the roasted leeks and tomatoes alongside.

Nutrition Facts



Properties

Glycemic Index:110.25, Glycemic Load:5.26, Inflammation Score:-10, Nutrition Score:33.87521749994%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 504.59kcal (25.23%), Fat: 28.75g (44.22%), Saturated Fat: 9.28g (57.98%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 18.19g (6.62%), Sugar: 8.43g (9.36%), Cholesterol: 114.8mg (38.27%), Sodium: 296.63mg (12.9%), Alcohol: 3.09g (100%), Alcohol %: 0.79% (100%), Protein: 35.48g (70.97%), Selenium: 79.68µg (113.83%), Vitamin B6: 1.3mg (64.79%), Vitamin B3: 12.96mg (64.78%), Vitamin A: 2980.69IU (59.61%), Vitamin K: 60.19µg (57.32%), Vitamin D: 7.99µg (53.3%), Phosphorus: 485.77mg (48.58%), Vitamin E: 7.1mg (47.35%), Vitamin C: 30.72mg (37.24%), Potassium: 1284.73mg (36.71%), Manganese: 0.71mg (35.31%), Vitamin B12: 1.89µg (31.58%), Folate: 102.82µg (25.71%), Magnesium: 87.42mg (21.85%), Iron: 3.23mg (17.95%), Fiber: 3.67g (14.69%), Vitamin B1: 0.2mg (13.64%), Copper: 0.26mg (12.77%), Calcium: 107.65mg (10.77%), Vitamin B2: 0.16mg (9.29%), Vitamin B5: 0.87mg (8.67%), Zinc: 1.08mg (7.22%)