



Halibut with Sambal Vinaigrette and Wasabi Cream

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 lb pacific halibut filets thick cut into 4 pieces ()
- ☐ 4 servings pickled ginger
- ☐ 1.5 tablespoons rice vinegar (not seasoned)
- ☐ 0.3 cup cream sour
- ☐ 0.5 tablespoon vegetable oil

- ☐ 2 teaspoons wasabi powder green (horseradish)
- ☐ 3 tablespoons water
- ☐ 2 teaspoons frangelico (Southeast Asian chile sauce)
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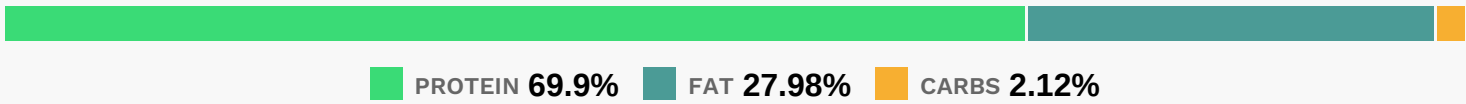
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 400°F.
- ☐ Blend vinaigrette ingredients in a blender until smooth. Season with salt.
- ☐ Whisk together wasabi powder and water until smooth, then whisk in sour cream. Season with salt.
- ☐ Pat fish dry and season with salt and pepper.
- ☐ Sprinkle 1 side of each piece with parsley.
- ☐ Heat a well-seasoned cast-iron skillet over high heat until hot.
- ☐ Add oil, then fish, parsleyed sides up. Sear fish until undersides are browned, about 1 minute.
- ☐ Turn fish over and put skillet in middle of oven. Roast until just cooked through, 4 to 5 minutes.
- ☐ Serve fish, parsleyed sides up, with a spoonful of each sauce.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:25.693912910378%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.79kcal (12.74%), Fat: 7.61g (11.71%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.57g (0.63%), Cholesterol: 119.61mg (39.87%), Sodium: 182.3mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.77g (85.54%), Selenium: 104.63µg (149.47%), Vitamin B3: 14.85mg (74.24%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.26mg (62.82%), Vitamin K: 64.87µg (61.78%), Phosphorus: 551.34mg (55.13%), Vitamin B12: 2.52µg (42.08%), Potassium: 1035.23mg (29.58%), Magnesium: 57.32mg (14.33%), Vitamin A: 558.92IU (11.18%), Vitamin E: 1.61mg (10.76%), Folate: 34.11µg (8.53%), Vitamin B5: 0.85mg (8.5%), Vitamin B1: 0.12mg (8.26%), Vitamin C: 5.38mg (6.53%), Zinc: 0.93mg (6.2%), Vitamin B2: 0.1mg (5.77%), Calcium: 38.25mg (3.82%), Iron: 0.65mg (3.6%), Copper: 0.07mg (3.35%), Manganese: 0.05mg (2.39%), Fiber: 0.26g (1.05%)