



Marinated Sturgeon with Moroccan Chickpea Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce garbanzo beans drained canned
- ☐ 2 tablespoons capers drained
- ☐ 36 ounce filets
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon fennel seeds
- ☐ 1 cup cilantro leaves fresh coarsely chopped

- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup parsley fresh coarsely chopped
- ☐ 2 teaspoons rosemary leaves fresh coarsely chopped
- ☐ 3 garlic clove chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup raisins
- ☐ 2 large bell pepper red
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 cup walnuts toasted coarsely chopped
- ☐ 2 wholewheat pita breads (such as pita bread)
- ☐ 1 teaspoon peppercorns cracked whole white

Equipment

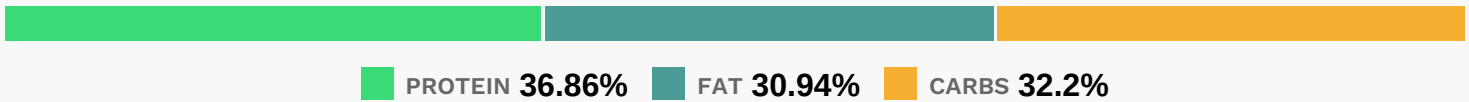
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ broiler

Directions

- ☐ Combine first 5 ingredients in spice grinder and process until finely ground.
- ☐ Transfer to blender.
- ☐ Add parsley and next 4 ingredients to blender. With blender running, gradually add oil and blend until coarse puree forms. Season to taste with salt. Do ahead Charmoula can be made 1 day ahead.
- ☐ Transfer to bowl and refrigerate.
- ☐ Let stand at room temperature 1 hour before using.
- ☐ Place fish on large plate.

- ☐ Pour 3/4 cup charmoula over fish, turning to coat. Cover and refrigerate fish at least 1 hour and up to 1 day. Cover and refrigerate remaining charmoula to use as dressing for salad.
- ☐ Char bell peppers directly over gas flame or in broiler until blackened on all sides.
- ☐ Transfer to paper bag and seal tightly; let stand 15 minutes. Peel, seed, and chop peppers. Toast flatbreads directly over gas flame or in broiler until crisp and charred in spots on both sides. When cool enough to handle, tear into bite-size pieces.
- ☐ Preheat oven to 400°F.
- ☐ Place peppers, torn bread pieces, chickpeas, and next 4 ingredients in large bowl.
- ☐ Add 3/4 cup reserved charmoula; toss to coat. Season with salt and pepper.
- ☐ Heat olive oil in large ovenproof nonstick skillet over medium-high heat.
- ☐ Add fish with marinade still clinging to surface and cook until brown, about 3 minutes per side.
- ☐ Transfer skillet to oven and roast fish until cooked through, about 8 minutes.
- ☐ Divide Moroccan salad among 6 plates. Top each portion with sturgeon fillet and serve.

Nutrition Facts



Properties

Glycemic Index:60.36, Glycemic Load:16.04, Inflammation Score:-10, Nutrition Score:36.194782630257%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 21.69mg, Apigenin: 21.69mg, Apigenin: 21.69mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 414.2kcal (20.71%), Fat: 14.51g (22.32%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 26.45g (9.62%), Sugar: 3.28g (3.64%), Cholesterol: 73.14mg (24.38%), Sodium: 488.87mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.79%), Vitamin K: 180.84µg (172.22%), Vitamin C: 92.66mg (112.31%), Selenium: 58.76µg (83.94%), Manganese: 1.34mg (67.18%), Vitamin A: 3046.91IU (60.94%),

Vitamin B6: 1.06mg (52.89%), Phosphorus: 500.41mg (50.04%), Potassium: 1200.04mg (34.29%), Magnesium: 121.39mg (30.35%), Fiber: 7.52g (30.08%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 5.08mg (25.4%), Folate: 95.32µg (23.83%), Copper: 0.46mg (22.95%), Iron: 4.02mg (22.31%), Vitamin B1: 0.3mg (20.3%), Vitamin E: 3.02mg (20.13%), Vitamin B2: 0.25mg (14.93%), Zinc: 2.17mg (14.47%), Calcium: 131.62mg (13.16%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.93mg (9.28%)