



## Mediterranean Grilled Whole Snapper with Fennel and a Pernod Butter Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 leaves reserved fennel from above
- ☐ 2 heads fennel bulb
- ☐ 1 juice of lemon juiced
- ☐ 1 optional: lemon thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 sprigs oregano

- ☐ 1 tablespoon pernod
- ☐ 1 snapper whole red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 sprigs thyme leaves
- ☐ 0.3 cup water

## Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen towels
- ☐ spatula

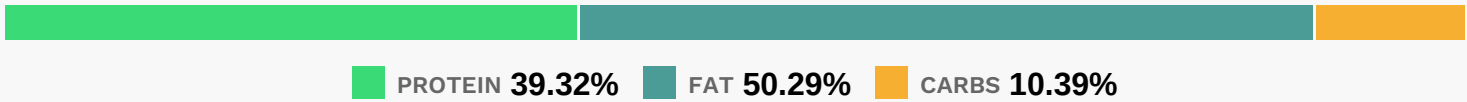
## Directions

- ☐ Preheat the grill to high.
- ☐ Rinse the snapper in clean water. Pat dry with paper towels or a clean kitchen towel.
- ☐ Remove any large fins with sharp kitchen shears. Season the inside of the fish with salt and pepper.
- ☐ Remove the leafy green tops from the fennel heads. Using the greens from 1 of the fennel heads, stuff the inside of the fish. Reserve the fennel bulbs and the remaining greens.
- ☐ Add the thyme and oregano and press closed. Make 3 diagonal slices on each side of the fillet.
- ☐ Cut down to the bone. Insert 1 lemon slice into each slit.
- ☐ Brush the whole fish with olive oil and season with salt and pepper.
- ☐ Clean the surface of the grill with a grill brush.
- ☐ Brush the surface of the hot grill with olive oil.
- ☐ Place the stuffed red snapper on the preheated grill at a 45 degree angle and cook for about 10 minutes or until the fish easily lifts off the grill. With 2 spatulas, carefully turn 90 degrees and continue to cook another 5 minutes. Turn fish and cook the other side to desired

doneness, at least another 10 minutes. Do not overcook.

- ☐ Meanwhile, cut the reserved fennel bulbs into 1/4-inch slices.
- ☐ Drizzle with olive oil and place on the grill. Grill until tender and golden brown, about 4 minutes per side.
- ☐ Remove to a platter and keep warm.
- ☐ Place a small saucepan on the grill or on a burner over medium heat.
- ☐ Add the water and bring to a simmer.
- ☐ Add the lemon juice and Pernod and reduce by 1/2
- ☐ With the remaining reserved fennel leaves, remove the tender inner leaves and chop finely. You should have about 1/4 cup chopped fennel. Set aside.
- ☐ Remove the water/lemon mixture from the heat and whisk in the butter, a few pieces at a time. When the butter is incorporated, add the chopped fennel leaves and whisk well. Season, to taste, with salt and pepper.
- ☐ When the fish is cooked and the flesh is opaque and lifts easily from the bone, carefully remove using 2 sturdy metal spatulas and place on a platter.
- ☐ Serve the fish with some of the Pernod butter sauce and grilled fennel.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:25.263478382774%

## Flavonoids

Eriodictyol: 4.93mg, Eriodictyol: 4.93mg, Eriodictyol: 4.93mg, Eriodictyol: 4.93mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 331.79kcal (16.59%), Fat: 18.3g (28.16%), Saturated Fat: 8.36g (52.27%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.68g (4.09%), Cholesterol: 85.6mg (28.53%), Sodium: 227.96mg (9.91%),

Alcohol: 0.95g (100%), Alcohol %: 0.42% (100%), Protein: 32.19g (64.39%), Vitamin D: 15.3µg (102%), Selenium: 58.1µg (83%), Vitamin B12: 4.52µg (75.4%), Vitamin K: 57.34µg (54.61%), Phosphorus: 345.03mg (34.5%), Vitamin B6: 0.66mg (33.23%), Vitamin C: 24.87mg (30.15%), Potassium: 998.38mg (28.53%), Vitamin E: 3.05mg (20.32%), Magnesium: 66.98mg (16.74%), Vitamin B5: 1.37mg (13.74%), Fiber: 3.39g (13.56%), Vitamin A: 677.26IU (13.55%), Manganese: 0.24mg (11.92%), Calcium: 110.12mg (11.01%), Folate: 34.05µg (8.51%), Iron: 1.41mg (7.84%), Vitamin B1: 0.09mg (5.86%), Copper: 0.11mg (5.71%), Zinc: 0.76mg (5.08%), Vitamin B3: 1.01mg (5.03%), Vitamin B2: 0.05mg (2.77%)