



Pacific Halibut with Fava Beans and Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons green lentils dried
- 0.5 cup cooking wine dry white
- 0.5 cup avarakkai / broad beans fresh shelled
- 2 teaspoons cilantro leaves fresh chopped
- 0.3 teaspoon ground pepper white divided
- 28 ounce grouper fillets
- 2 tablespoons olive oil divided
- 4 servings saffron beurre blanc

- 0.8 teaspoon salt divided
- 1 shallots minced
- 0.5 pound shrimp fresh deveined peeled
- 1 tomatoes seeded chopped
- 1 tablespoon butter unsalted
- 2 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Bring wine to a boil in a small saucepan. Reduce heat, and simmer 6 minutes or until reduced to 2 tablespoons.
- Pour reduced wine into a small bowl; set aside.
- Bring 2 cups water, lentils, and 1/4 teaspoon salt to a boil in a small saucepan. Reduce heat, and simmer, uncovered, 20 minutes.
- Add fava beans; simmer 5 minutes or until tender.
- Drain.
- Heat 1 tablespoon oil in a medium skillet over medium-high heat.
- Add shallot; saut 2 minutes.
- Add shrimp; saut 3 to 4 minutes.
- Add lentils, fava beans, and tomato; saut 2 minutes.
- Add reduced wine, cilantro, butter, 1/4 teaspoon salt, and 1/8 teaspoon white pepper; stir until butter melts. Set aside, and keep warm.
- Sprinkle fillets evenly with remaining 1/4 teaspoon salt and 1/8 teaspoon white pepper.
- Heat remaining 1 tablespoon of oil in a large nonstick ovenproof skillet over high heat; add fillets, and saut, skin side up, 2 minutes or until brown. Turn fillets, and bake, uncovered, at 350

for 8 minutes or until fish flakes when tested with a fork.

- To serve, spoon 3/4 cup shrimp mixture in center of each plate. Top with fillet; drizzle with 3 tablespoons Saffron Beurre Blanc.
- Note: Fava beans are available at most Middle Eastern markets, specialty stores, and farmers' markets. Lima beans may be substituted.

Nutrition Facts

PROTEIN 56.79% **FAT 29.27%** **CARBS 13.94%**

Properties

Glycemic Index:66.9, Glycemic Load:3.53, Inflammation Score:-7, Nutrition Score:21.749565263157%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 411kcal (20.55%), Fat: 12.46g (19.17%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 8.82g (3.21%), Sugar: 2.16g (2.4%), Cholesterol: 172.24mg (57.41%), Sodium: 622.02mg (27.04%), Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 54.4g (108.8%), Selenium: 73.93µg (105.62%), Phosphorus: 530.11mg (53.01%), Potassium: 1384.73mg (39.56%), Vitamin B6: 0.73mg (36.54%), Manganese: 0.63mg (31.75%), Magnesium: 113.21mg (28.3%), Folate: 91.19µg (22.8%), Copper: 0.41mg (20.62%), Vitamin B12: 1.2µg (19.94%), Iron: 3.47mg (19.28%), Fiber: 4.53g (18.14%), Vitamin B5: 1.78mg (17.77%), Vitamin B1: 0.26mg (17.07%), Zinc: 2.5mg (16.66%), Vitamin A: 643.01IU (12.86%), Calcium: 116.85mg (11.68%), Vitamin E: 1.31mg (8.72%), Vitamin K: 8.28µg (7.89%), Vitamin C: 6.02mg (7.3%), Vitamin B3: 1.25mg (6.26%), Vitamin B2: 0.06mg (3.74%)