



## Pan-Roasted Halibut with Herbed Lentils and Breadcrumbs

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup coarsley breadcrumbs fresh chopped
- ☐ 0.3 cup carrots diced
- ☐ 0.3 cup celery diced
- ☐ 1.5 cup chicken stock see
- ☐ 1 cup green lentils french picked over rinsed
- ☐ 0.5 cup flat-leaf parsley leaves loosely packed
- ☐ 2 teaspoon flat-leaf parsley chopped

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1.5 teaspoon garlic minced
- ☐ 4 servings kosher salt and ground pepper fresh black
- ☐ 4 servings lemon vinaigrette (see recipe section)
- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoon olive oil
- ☐ 0.3 cup onions diced
- ☐ 3 tablespoon butter unsalted cut into chunks

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot

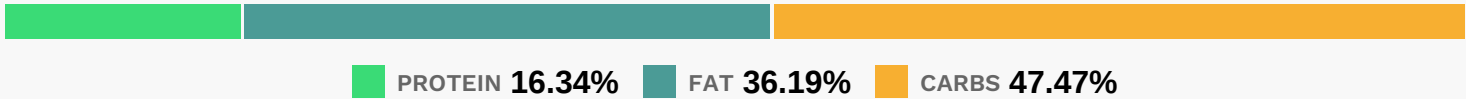
## Directions

- ☐ To prepare the lentils, bring a pot of salted water to a boil.
- ☐ Add the lentils, reduce the heat to a simmer, and cook until tender, about 12 minutes.
- ☐ Drain and set aside.
- ☐ Heat 2 T olive oil in a saucepan set over medium-high heat, add garlic, and cook, stirring, until fragrant, about 1 minute.
- ☐ Add the carrots, celery and onions and cook, stirring for another 2 minutes.
- ☐ Add the lentils, chicken stock, and chopped herbs and bring to a boil.
- ☐ Add the butter, stirring until emulsified, and season with salt and pepper. Keep warm. To make the breadcrumb mixture, heat 3 T olive oil over medium high-high heat in a saute pan, then add the breadcrumbs and pan-fry until golden and crunchy. Season with salt and pepper, remove from pan and let cool. In a small bowl, combine the breadcrumbs, parsley leaves and lemon zest. Toss this with a little lemon vinaigrette right before serving. To pan-roast the

halibut, heat a large saute pan over high heat the remaining 2 T olive oil until nearly smoking. Season the fish on both sides with salt and pepper. Sear until golden brown on one side, 4–5 minutes. Flip and finsih cooking 2–3 more minutes.To serve. Ladle the lentils into 4 wide, shallow bowls.

- ☐
- Place the fish in the center of each bowl and top it with some of the dressed breadcrumb and parsley mixture.

## Nutrition Facts



## Properties

Glycemic Index:62.48, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:32.416956606119%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 16.45mg, Apigenin: 16.45mg, Apigenin: 16.45mg, Apigenin: 16.45mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 461.71kcal (23.09%), Fat: 18.69g (28.76%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 38.16g (13.88%), Sugar: 5.28g (5.86%), Cholesterol: 25.27mg (8.43%), Sodium: 539.96mg (23.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Vitamin K: 136.1µg (129.61%), Copper: 1.91mg (95.62%), Folate: 281.82µg (70.45%), Fiber: 17.02g (68.07%), Manganese: 1mg (50.06%), Vitamin B1: 0.74mg (49.15%), Vitamin A: 2287.97IU (45.76%), Iron: 5.81mg (32.29%), Phosphorus: 302.67mg (30.27%), Vitamin C: 19.74mg (23.93%), Vitamin B3: 4.7mg (23.49%), Potassium: 725.76mg (20.74%), Magnesium: 82.35mg (20.59%), Vitamin B6: 0.4mg (20.19%), Zinc: 2.98mg (19.85%), Selenium: 13.16µg (18.8%), Vitamin B2: 0.31mg (18.41%), Vitamin B5: 1.29mg (12.93%), Vitamin E: 1.68mg (11.19%), Calcium: 108.81mg (10.88%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.16µg (1.05%)