



## Pan-Roasted Monkfish with Mushrooms and Scallions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cooking oil
- 3 cloves garlic chopped
- 0.5 teaspoon fresh-ground pepper black
- 0.3 cup heavy cream
- 2 pounds monkfish fillet
- 1 pound mushrooms quartered
- 0.5 teaspoon salt

- 4 scallions green cut into 1-inch pieces separately

## Equipment

- frying pan
- oven
- pot
- stove

## Directions

- Heat the oven to 450
- In an ovenproof pot, heat the oil over moderately high heat.
- Add the mushrooms and cook until starting to brown, about 3 minutes.
- Add the scallion bulbs, garlic, and 1/4 teaspoon each of the salt and pepper. Cook until the scallions start to soften, about 4 minutes.
- Sprinkle the fish with the remaining 1/4 teaspoon each salt and pepper.
- Put the fish on top of the mushrooms and scallions and transfer the pot to the oven. Roast until the fish is just done, 10 minutes for 3/4-inch-thick fillets.
- Remove the monkfish from the pot and put the pot on top of the stove.
- Add the scallion tops and the cream to the pot. Bring to a simmer and continue simmering the sauce until it starts to thicken, 1 to 2 minutes.
- Serve the fish topped with the sauce.
- Fish Alternatives: Thick fish steaks such as halibut or salmon would hold up well to the pan-roasting and taste delicious with this sauce.
- Variation: Pan-Roasted Monkfish with Wild Mushrooms and Scallions: Use 1 pound sliced shiitake mushroom caps or 1 pound of mixed wild mushrooms in place of the regular mushrooms.
- Wine Recommendation: The meaty textures of the monkfish and mushrooms will be well served by a full-bodied chardonnay from California or Australia. The dish would even go nicely with a light red wine such as a pinot noir from California.

## Nutrition Facts



■ PROTEIN 51.79% ■ FAT 39.97% ■ CARBS 8.24%

## Properties

Glycemic Index:31.5, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:22.663478104965%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 286.65kcal (14.33%), Fat: 12.74g (19.61%), Saturated Fat: 4.52g (28.22%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.98g (3.31%), Cholesterol: 73.51mg (24.5%), Sodium: 343.55mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.31%), Selenium: 94.18µg (134.54%), Phosphorus: 568.02mg (56.8%), Vitamin B3: 8.95mg (44.74%), Potassium: 1327.45mg (37.93%), Vitamin B2: 0.63mg (37.2%), Vitamin B12: 2.11µg (35.17%), Vitamin B6: 0.7mg (35.17%), Vitamin K: 28.26µg (26.91%), Copper: 0.45mg (22.3%), Vitamin B5: 2.1mg (21.02%), Magnesium: 62.27mg (15.57%), Zinc: 1.63mg (10.88%), Folate: 43.54µg (10.88%), Vitamin B1: 0.16mg (10.86%), Manganese: 0.2mg (9.87%), Vitamin C: 7.7mg (9.33%), Vitamin A: 430.59IU (8.61%), Iron: 1.55mg (8.61%), Fiber: 1.56g (6.23%), Vitamin E: 0.83mg (5.54%), Calcium: 45.36mg (4.54%), Vitamin D: 0.46µg (3.1%)