



Pan-Roasted Orange Maple Sablefish



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 blackberries
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 0.5 pound green beans
- ☐ 0.5 teaspoon honey
- ☐ 1 tablespoon juice of lemon

- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tsp olive oil
- ☐ 1.5 tsp orange zest
- ☐ 0.3 teaspoon pepper
- ☐ 20 oz sablefish fillets black , skin on (cod)
- ☐ 0.3 teaspoon sea salt fine
- ☐ 2 tablespoons sea salt fine
- ☐ 4 servings sea salt and pepper fine
- ☐ 0.5 medium shallots
- ☐ 2 teaspoons sugar
- ☐ 1 large orange-fleshed sweet potato peeled cut into 1/2-in. cubes
- ☐ 1 tbsp vegetable oil

Equipment

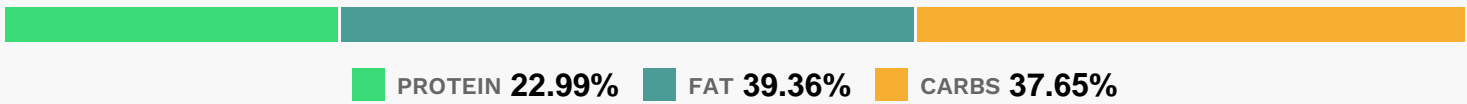
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ stove

Directions

- ☐ Preheat oven to 40
- ☐ Prepare fish: Put fish into a deep baking dish. Dissolve salt and sugar in 2 qts. cold water and pour enough over fish to cover. Brine, chilled, 20 to 30 minutes. "Brining seasons the fillet all the way through," says Clark.

- ☐ Remove from brine and pat dry with paper towels. With a very sharp knife, score skin several times to keep it from shrinking and thereby buckling the fillet as it cooks.
- ☐ Combine maple syrup and orange zest and pour into a shallow dish just large enough to hold fish. Arrange sablefish skin side up in glaze and let marinate 20 minutes at room temperature.
- ☐ While fish is marinating, prepare vegetables: Toss sweet-potato cubes with olive oil, season with a little salt and pepper, and roast in a single layer on a rimmed baking pan, turning once, until browned and tender, 15 to 20 minutes. Set pan of potatoes aside (keep oven on).
- ☐ Meanwhile, blanch beans in boiling salted water just until tender-crisp, about 3 minutes.
- ☐ Drain, then submerge in a bowl of ice water to stop cooking.
- ☐ Drain again and add to pan of potatoes.
- ☐ Make herb sauce: Pure ingredients in a blender.
- ☐ Finish fish: Blot excess glaze with paper towels and lightly oil skin sides.
- ☐ Place large cast-iron or other pan (don't use nonstick) over medium-high heat on stovetop until very hot, 2 to 4 minutes.
- ☐ Add fish, glaze side down, and cook just until the glaze has browned and created a thin crust, 15 to 30 seconds. Immediately turn fish skin side down and sear until sizzling and crisp, 3 to 4 minutes.
- ☐ Put in oven to roast until opaque in the center, 3 to 4 minutes. While fish is roasting, slide pan of sweet potatoes and beans into oven to reheat.
- ☐ For each serving, make a small, tight stack of green beans in center of plate and drop in some sweet-potato cubes and blackberries. Top with fish and drizzle some herb sauce around it. Season with salt.

Nutrition Facts



Properties

Glycemic Index:134.22, Glycemic Load:17.59, Inflammation Score:-10, Nutrition Score:27.06130452778%

Flavonoids

Cyanidin: 9.99mg, Cyanidin: 9.99mg, Cyanidin: 9.99mg, Cyanidin: 9.99mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin:

0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 431.92kcal (21.6%), Fat: 19.13g (29.43%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 36.02g (13.1%), Sugar: 21.02g (23.35%), Cholesterol: 66.62mg (22.21%), Sodium: 4318.86mg (187.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin A: 12692.17IU (253.84%), Manganese: 1.22mg (60.83%), Selenium: 33.8µg (48.29%), Phosphorus: 476.83mg (47.68%), Vitamin B12: 2.81µg (46.78%), Vitamin K: 47.34µg (45.08%), Vitamin B2: 0.48mg (28.47%), Potassium: 929.98mg (26.57%), Vitamin B6: 0.53mg (26.37%), Vitamin E: 3.74mg (24.94%), Magnesium: 84.52mg (21.13%), Fiber: 5.14g (20.56%), Vitamin C: 15.8mg (19.15%), Iron: 2.77mg (15.39%), Vitamin B3: 2.87mg (14.34%), Folate: 53.02µg (13.26%), Calcium: 130.62mg (13.06%), Vitamin B5: 1.28mg (12.76%), Vitamin B1: 0.19mg (12.6%), Copper: 0.25mg (12.41%), Zinc: 1.2mg (8.02%), Vitamin D: 0.71µg (4.72%)