



Pan Sauteed Halibut with Curried Corn Sauce and Tomato Chutney

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 1 teaspoon cayenne
- ☐ 1 cup corn kernels frozen thawed
- ☐ 3 tablespoons curry powder
- ☐ 4 cups fish stock
- ☐ 1 tablespoon garlic minced
- ☐ 2 cloves garlic finely chopped

- ☐ 0.3 cup golden raisins
- ☐ 1 apples diced green cored peeled
- ☐ 2 teaspoons ground cardamom seed
- ☐ 1 teaspoon ground cloves
- ☐ 2 tablespoons ground coriander seed
- ☐ 1 tablespoon ground cumin seed
- ☐ 1 tablespoon ground fenugreek seed
- ☐ 2 teaspoons ground ginger
- ☐ 24 ounce pacific halibut filets
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons brown sugar light
- ☐ 4 servings olive oil
- ☐ 6 plum tomatoes diced peeled
- ☐ 0.5 cup onion red chopped
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon turmeric
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 tablespoon ground peppercorns black
- ☐ 0.5 cup onions yellow chopped

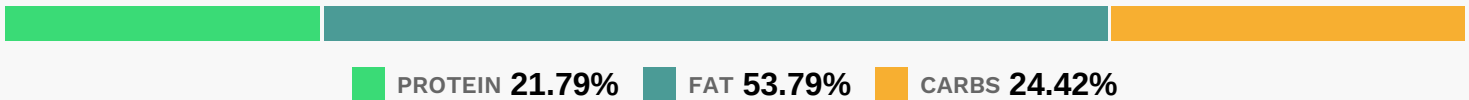
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Heat a large saute pan or grill pan over high heat.
- ☐ Brush halibut with the oil and season with salt and pepper to taste. Cook the halibut for 3 minutes on each side.
- ☐ Serve with corn sauce and tomato chutney.
- ☐ Place all ingredients in a small saucepan and bring to a boil. Reduce heat and let simmer for 30 minutes, season with salt.
- ☐ Serve at room temperature.
- ☐ Heat butter in a medium saucepan over medium heat.
- ☐ Add onions and green apples and cook until soft.
- ☐ Add garlic and cook for 1 minute.
- ☐ Add curry powder and cook for 5 minutes.
- ☐ Add stock, bring to a boil, reduce heat and simmer for 1 hour. Strain stock into a clean medium saucepan.
- ☐ Add the corn to the stock and cook for 30 minutes, covered.
- ☐ Place the cream in a small saucepan and cook until reduced by half.
- ☐ Add the reduced cream to the stock and simmer, covered for 10 minutes. Season with salt and pepper.
- ☐ In a bowl combine all curry powder ingredients.

Nutrition Facts



Properties

Glycemic Index:93.67, Glycemic Load:8.14, Inflammation Score:-10, Nutrition Score:43.73391300699%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.02mg,

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg

Nutrients (% of daily need)

Calories: 781.92kcal (39.1%), Fat: 48.41g (74.47%), Saturated Fat: 20.65g (129.08%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 38.81g (14.11%), Sugar: 24.49g (27.21%), Cholesterol: 165.63mg (55.21%), Sodium: 1467.92mg (63.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.13g (88.25%), Selenium: 85.54µg (122.2%), Manganese: 2.11mg (105.49%), Vitamin B3: 16.71mg (83.53%), Vitamin B6: 1.43mg (71.45%), Vitamin A: 3466.02IU (69.32%), Phosphorus: 653.46mg (65.35%), Vitamin D: 9.05µg (60.34%), Potassium: 1829.33mg (52.27%), Vitamin E: 7.61mg (50.74%), Fiber: 10.64g (42.56%), Iron: 7.51mg (41.73%), Vitamin B12: 2.22µg (37.04%), Vitamin K: 34.44µg (32.8%), Magnesium: 123.42mg (30.85%), Vitamin C: 22.58mg (27.37%), Calcium: 260.3mg (26.03%), Copper: 0.52mg (25.81%), Vitamin B2: 0.43mg (25.1%), Folate: 82.94µg (20.74%), Vitamin B1: 0.24mg (15.77%), Zinc: 2.31mg (15.41%), Vitamin B5: 1.17mg (11.67%)