



Pan-Seared Barramundi

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 cup cashew pieces crushed
- 1 chile minced
- 1 bunch cilantro leaves chopped for garnish
- 20 ounce barramundi fillets (may substitute sea bass or halibut)
- 4 cloves garlic
- 2 tablespoons ginger grated
- 1 juice of lime juiced

- 1 stalk lemongrass minced
- 4 servings oil for searing
- 1 cup okra chopped
- 1 bell pepper diced red
- 1 onion diced red
- 1 pinch salt
- 8 shrimp smoked chopped
- 2 tomatoes diced

Equipment

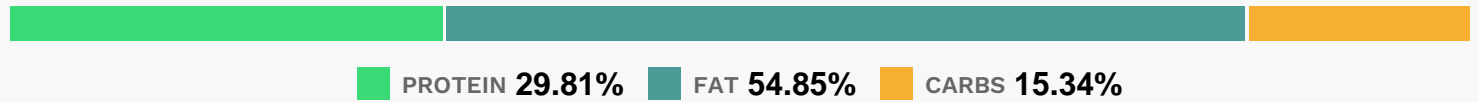
- bowl
- frying pan
- sauce pan
- oven
- pot
- sieve

Directions

- Preheat the oven to 500 degrees F.
- Toast the shrimp shells in a dry saucepan over medium-low heat until fragrant and color has developed. Cover the shells with water, add a pinch of salt, and simmer for 45 minutes over low heat, to form a stock. Strain the stock through a sieve and set aside.
- In a large pot over low heat, sweat the onion, garlic, chile, ginger, and lemongrass in 2 to 3 tablespoons butter for 2 minutes.
- Add the red pepper and sweat for 1 minute more.
- Add the okra and shrimp stock. Simmer the mixture for 30 minutes, adjusting the seasoning as desired. Fold in the tomatoes, chopped cilantro, remaining 2 tablespoons butter, lime juice, and cashews.
- Remove from heat and reserve.
- Heat a large oven-safe skillet over medium-high heat.

- Add enough oil to thinly coat the bottom of the skillet, and let oil heat.
- Add the fish, skin side down, and sear for 3 minutes. Then place the skillet in the oven and roast the fish for several minutes, or until it reaches your desired level of doneness.
- Divide the reserved stew mixture among 4 bowls, and top each with 1 fish fillet, skin side up.
- Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:81.55, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:28.890869285749%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

Nutrients (% of daily need)

Calories: 452.23kcal (22.61%), Fat: 28.21g (43.4%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 14.2g (5.16%), Sugar: 6.19g (6.88%), Cholesterol: 108.2mg (36.07%), Sodium: 167.37mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.98%), Vitamin C: 75.95mg (92.06%), Selenium: 51.1µg (73%), Phosphorus: 489.98mg (49%), Manganese: 0.92mg (45.78%), Vitamin A: 2101.25IU (42.03%), Vitamin B6: 0.75mg (37.29%), Vitamin K: 38.24µg (36.42%), Magnesium: 135.13mg (33.78%), Potassium: 1178.84mg (33.68%), Vitamin E: 4.7mg (31.3%), Copper: 0.6mg (29.95%), Vitamin B12: 1.3µg (21.7%), Vitamin B3: 4.3mg (21.49%), Vitamin B1: 0.3mg (19.89%), Folate: 65.16µg (16.29%), Zinc: 2.39mg (15.94%), Iron: 2.76mg (15.36%), Fiber: 3.55g (14.2%), Vitamin B2: 0.19mg (10.99%), Calcium: 90.58mg (9.06%), Vitamin D: 1.28µg (8.5%), Vitamin B5: 0.68mg (6.78%)