



Pan-Seared Branzino With Herb Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



160 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy rinsed
- ☐ 48 ounces skin-on branzino fillets
- ☐ 1 tablespoon capers drained
- ☐ 2 medium cucumbers diced peeled seeded
- ☐ 2 tablespoons fennel seeds
- ☐ 1 tablespoon marjoram fresh
- ☐ 1 cup parsley fresh loosely packed
- ☐ 1 clove garlic smashed

- ☐ 1 small bell pepper diced green
- ☐ 2 teaspoons herbs de provence
- ☐ 1 juice of lemon for serving
- ☐ 6 servings kosher salt
- ☐ 0.5 cup torn mint fresh loosely packed
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red

Equipment

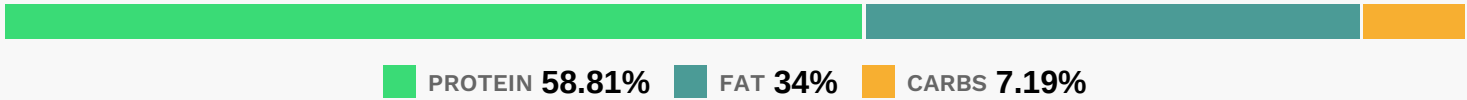
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Mince the anchovies, capers, garlic and red pepper flakes together on a cutting board, then sprinkle with 1 teaspoon salt and mash into a paste using the flat side of a chef's knife.
- ☐ Transfer to a food processor along with the parsley, mint and marjoram. With the motor running, drizzle in the olive oil and process until smooth; transfer to a medium bowl.
- ☐ Toast the fennel seeds in a skillet over medium heat, 3 to 4 minutes.
- ☐ Transfer to a cutting board and crush with the bottom of a small skillet.
- ☐ Combine with 1/4 cup of the herb mixture and the herbes de Provence in a small bowl.
- ☐ Put the fish fillets in a shallow dish and brush with the fennel seed-herb mixture. Cover and refrigerate 2 to 4 hours.
- ☐ Meanwhile, add the lemon juice, bell pepper and cucumbers to the remaining herb mixture. Cover and refrigerate until ready to serve.
- ☐ Heat 2 large nonstick skillets over medium-high heat.

- ☐
- Brush the excess marinade off the fish. Working in batches, add the fish to the skillets, skin-side up, and cook until browned on the bottom, about 4 minutes. Flip the fillets, pressing with a spatula to sear the skin, and cook 2 more minutes.
- ☐
- Serve with the herb salsa and lemon wedges.
- ☐
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:29.388260862102%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 22.49mg, Apigenin: 22.49mg, Apigenin: 22.49mg, Apigenin: 22.49mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 293.21kcal (14.66%), Fat: 10.83g (16.66%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.46g (1.63%), Cholesterol: 183.04mg (61.01%), Sodium: 403.54mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.15g (84.3%), Vitamin K: 184.32µg (175.55%), Vitamin B12: 8.68µg (144.67%), Selenium: 83.97µg (119.96%), Phosphorus: 491.17mg (49.12%), Vitamin B6: 0.78mg (39.18%), Vitamin C: 29.73mg (36.04%), Magnesium: 118.8mg (29.7%), Vitamin B3: 5.59mg (27.97%), Vitamin A: 1396.07IU (27.92%), Potassium: 829.72mg (23.71%), Iron: 3.89mg (21.6%), Vitamin B5: 1.96mg (19.57%), Vitamin B1: 0.28mg (18.72%), Manganese: 0.33mg (16.53%), Folate: 53.53µg (13.38%), Calcium: 104.6mg (10.46%), Copper: 0.19mg (9.63%), Fiber: 2.37g (9.46%), Zinc: 1.35mg (9%), Vitamin B2: 0.13mg (7.55%), Vitamin E: 0.96mg (6.39%)