



Pan-Seared Fennel-Scented Halibut with Puttanesca

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon capers drained
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 0.3 cup basil fresh sliced

- ☐ 3 garlic cloves minced
- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup onion chopped
- ☐ 6 ounces orzo pasta
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided

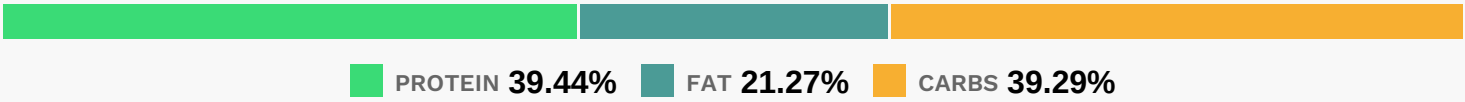
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare orzo, cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place pasta in a bowl; stir in rind and next 4 ingredients (through 1/8 teaspoon black pepper). Toss to combine.
- ☐ To prepare fish, combine fennel seeds, 1/4 teaspoon salt, and 1/8 teaspoon black pepper; stir well.
- ☐ Sprinkle both sides of the fish with fennel seed mixture.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; saut 5 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.
- ☐ Transfer to a plate, and keep warm.
- ☐ Heat remaining 2 teaspoons oil over medium-high heat.
- ☐ Add onion and red pepper flakes to pan; saut 1 minute.
- ☐ Add garlic; saut 15 seconds. Stir in tomatoes and capers; cook 2 minutes.
- ☐ Remove from heat; stir in basil and remaining 1/4 teaspoon salt. Divide pasta evenly among each of 4 plates; top each with 1 fillet. Spoon 1/3 cup tomato mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:13.41, Inflammation Score:-7, Nutrition Score:25.572173761285%

Flavonoids

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 396.25kcal (19.81%), Fat: 9.24g (14.22%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 35.57g (12.93%), Sugar: 4g (4.44%), Cholesterol: 88.72mg (29.57%), Sodium: 637.2mg (27.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.13%), Selenium: 105.31µg (150.44%), Vitamin B3: 12.33mg (61.67%), Vitamin B6: 1.11mg (55.75%), Vitamin D: 7.99µg (53.3%), Phosphorus: 519.06mg (51.91%), Manganese: 0.64mg (32.25%), Vitamin B12: 1.88µg (31.26%), Potassium: 1064.99mg (30.43%), Vitamin C: 21.83mg (26.46%), Magnesium: 76.96mg (19.24%), Vitamin E: 2.2mg (14.68%), Copper: 0.26mg (12.96%), Vitamin A: 643.93IU (12.88%), Fiber: 2.86g (11.43%), Vitamin B1: 0.17mg (11.36%), Vitamin K: 11.72µg (11.16%), Folate: 44.02µg (11%), Zinc: 1.44mg (9.61%), Iron: 1.73mg (9.6%), Vitamin B5: 0.92mg (9.15%), Vitamin B2: 0.11mg (6.52%), Calcium: 55.41mg (5.54%)