



Pan-seared Halibut with Herbed Fennel Butter and Sweet Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fish bouillon cube
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon fennel sprigs fresh chopped
- ☐ 0.5 cup fennel bulb minced
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 tablespoon garlic minced

- ☐ 24 ounce pacific halibut filets
- ☐ 6 tablespoons heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 cup peas sweet frozen thawed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 large tomatoes seeded chopped
- ☐ 0.5 cup butter unsalted cut into pieces
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons butter unsalted
- ☐ 0.8 cup water

Equipment

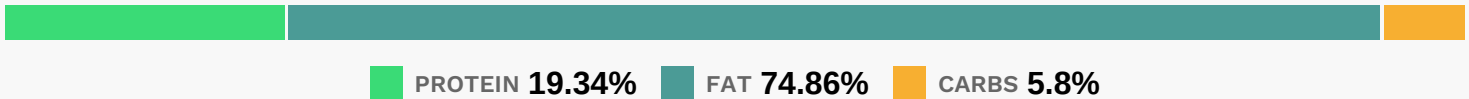
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Melt 2 tablespoons butter in a medium saucepan.
- ☐ Add fennel bulb and next 4 ingredients; saut over medium heat 3 minutes or until tender.
- ☐ Remove fennel mixture with a slotted spoon, and set aside.
- ☐ Combine 3/4 cup water and bouillon cube in same pan, stirring until dissolved.
- ☐ Add tomato and wine; bring to a boil. Reduce heat to medium-high, and cook 10 to 12 minutes or until liquid is reduced by half.

- ☐ Pour mixture through a wire-mesh strainer into a small bowl, discarding solids.
- ☐ Return sauce to pan; stir in whipping cream. Cook over medium heat 8 minutes or until reduced by half.
- ☐ Remove from heat; gradually stir in 1/2 cup butter. Stir in reserved fennel mixture. Set aside, keeping warm.
- ☐ Sprinkle fillets evenly with kosher salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat; add fish. Cook, skin side up, 4 minutes or until lightly browned. Turn fish, and cook 4 additional minutes or until fish flakes with a fork. Set aside.
- ☐ Melt 3 tablespoons butter in a small saucepan over medium heat. Stir in peas and next 3 ingredients; cook 2 minutes or until thoroughly heated.
- ☐ Spoon fennel sauce evenly onto 4 serving plates, and top with halibut. Spoon pea mixture evenly over each fillet.

Nutrition Facts



Properties

Glycemic Index:111.08, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:28.631304036016%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 742.21kcal (37.11%), Fat: 61.46g (94.55%), Saturated Fat: 31.19g (194.91%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 7.46g (2.71%), Sugar: 4.95g (5.5%), Cholesterol: 207.44mg (69.15%), Sodium: 672.13mg (29.22%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 35.71g (71.43%), Selenium: 80.07µg (114.39%), Vitamin B3: 12.34mg (61.69%), Vitamin D: 9.04µg (60.28%), Vitamin B6: 1.1mg (55.12%), Phosphorus: 493.52mg (49.35%), Vitamin A: 2309.49IU (46.19%), Vitamin B12: 2µg (33.25%), Vitamin K: 32.56µg (31.01%), Vitamin E:

4.62mg (30.81%), Potassium: 1071.06mg (30.6%), Vitamin C: 24.68mg (29.91%), Manganese: 0.37mg (18.59%), Magnesium: 66.94mg (16.74%), Folate: 59.59µg (14.9%), Vitamin B1: 0.22mg (14.43%), Fiber: 3.25g (13.01%), Vitamin B2: 0.19mg (10.95%), Zinc: 1.35mg (8.99%), Copper: 0.17mg (8.58%), Iron: 1.51mg (8.42%), Vitamin B5: 0.83mg (8.32%), Calcium: 73.8mg (7.38%)