



Pan-Seared Halibut with White Asparagus Risotto and Pea Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



992 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.3 cup baby spinach
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 pieces fat
- ☐ 4 servings fish fillet
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 tablespoons parsley fresh minced

- ☐ 2 tablespoons rosemary leaves fresh minced
- ☐ 2 tablespoons thyme sprigs fresh minced
- ☐ 3 tablespoons grapeseed oil
- ☐ 24 ounce pacific halibut filets boneless skinless
- ☐ 1 tablespoon kosher salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1 cup peas
- ☐ 1 medium shallots minced
- ☐ 6 tablespoons butter unsalted
- ☐ 1 bunch asparagus white peeled

Equipment

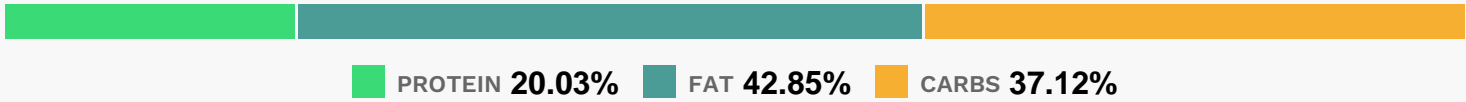
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ stove

Directions

- ☐ In a large bowl or baking dish, whisk together the oil, rosemary, thyme, salt, and pepper.
- ☐ Add the halibut and stir to coat it in the marinade. Cover with plastic wrap and marinate, in the refrigerator, 20 to 30 minutes.
- ☐ In a blender or food processor, blend together the peas, spinach, and lemon juice, stopping and scraping down the sides occasionally, and blending until smooth. Season with salt and pepper and set aside.
- ☐ Fill a large bowl with ice water.
- ☐ In a medium saucepan over high heat, bring salted water to a boil.
- ☐ Add the asparagus and boil, uncovered, until crisp-tender, 2 to 3 minutes.
- ☐ Drain, then immediately plunge the spears into the ice water to stop cooking.
- ☐ Drain the asparagus again and pat dry.
- ☐ In a medium saucepan saut pan over moderately high heat, melt 2 tablespoons of the butter.
- ☐ Add the asparagus and toss it in the melted butter. Season with salt and pepper and set aside.
- ☐ In a medium saucepan over moderate heat, warm the chicken stock. Keep the stock hot on the stove.
- ☐ In a second medium saucepan over moderate heat, warm the olive oil.
- ☐ Add the shallot and saut, stirring occasionally, until tender.
- ☐ Add the rice and saut, stirring constantly, until just toasted.
- ☐ Add 1 cup of hot stock and simmer, stirring frequently, until the stock is almost absorbed, about 4 minutes.
- ☐ Add more stock, 1 cup at a time, allowing each addition to be absorbed before adding the next and stirring often, until the rice is tender and the mixture creamy, about 20 minutes longer.
- ☐ Add the remaining 4 tablespoons of butter, Parmesan cheese, chives, and parsley. Season with salt and pepper and keep warm.
- ☐ Preheat the oven to 350F.
- ☐ Remove the halibut from the marinade and pat dry, then roll each fillet in a piece of caul fat. In a large saut pan over moderate heat, warm the olive oil. Sear the halibut on all sides, then finish in the oven for 3 to 5 minutes.
- ☐ Divide the risotto among 4 plates. Top with asparagus and halibut, and drizzle with pea pure.

- ☐ From Master
- ☐ Chef, 2013 FOX

Nutrition Facts



Properties

Glycemic Index:127.58, Glycemic Load:64.53, Inflammation Score:-10, Nutrition Score:43.583043554555%

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: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 991.83kcal (49.59%), Fat: 47.07g (72.42%), Saturated Fat: 16.73g (104.53%), Carbohydrates: 91.76g (30.59%), Net Carbohydrates: 85.77g (31.19%), Sugar: 3.02g (3.35%), Cholesterol: 140.82mg (46.94%), Sodium: 2159.29mg (93.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.5g (99.01%), Selenium: 98.47µg (140.67%), Vitamin B3: 19.38mg (96.89%), Folate: 289.83µg (72.46%), Manganese: 1.41mg (70.44%), Phosphorus: 704.38mg (70.44%), Vitamin B6: 1.25mg (62.38%), Vitamin K: 61.6µg (58.66%), Vitamin D: 8.43µg (56.19%), Vitamin B1: 0.76mg (50.85%), Vitamin E: 6.25mg (41.69%), Vitamin B12: 2.33µg (38.79%), Iron: 6.68mg (37.09%), Potassium: 1223.83mg (34.97%), Vitamin A: 1602.31IU (32.05%), Vitamin C: 25.91mg (31.41%), Copper: 0.49mg (24.37%), Fiber: 5.99g (23.97%), Magnesium: 93.46mg (23.36%), Zinc: 3.11mg (20.74%), Vitamin B5: 2.04mg (20.43%), Calcium: 178.14mg (17.81%), Vitamin B2: 0.3mg (17.42%)