



Pan-Seared Halibut with Wine-Braised Leeks

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 4 servings pepper black freshly ground
- 0.5 cup wine
- 2 tablespoons chives fresh finely chopped
- 16 ounce pacific halibut filets skinless
- 1 teaspoon kosher salt as needed plus more
- 1.5 pounds leek
- 1 cup chicken broth low-sodium

- 3 flat parsley italian
- 1 thyme leaves
- 2 tablespoons butter unsalted ()
- 1 tablespoon vegetable oil
- 1.5 teaspoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- paper towels
- aluminum foil
- spatula
- slotted spoon
- colander

Directions

- Trim and discard the dark green ends of the leeks, leaving about 2 inches of light green intact.
- Cut each leek in half lengthwise, then cut it crosswise into 1/4-inch strips.
- Place in a colander, thoroughly rinse, and shake dry.
- Place the leeks, broth or stock, wine, vinegar, 1 tablespoon of the butter, and the measured salt in a large frying pan over medium heat. Season with pepper and bring to a simmer, stirring occasionally. Nestle the parsley, thyme, and bay leaf into the liquid and leeks. Reduce the heat to low, cover with a piece of aluminum foil large enough to reach over the pan's edges, and cover the foil with a tightfitting lid.
- Let braise until tender, about 30 minutes. About 5 minutes before the leeks are ready, prepare the fish: Pat both sides of the fillets dry with paper towels and season both sides with salt and pepper.
- Place the remaining tablespoon of butter and the oil in a large heavy-bottomed frying pan or cast-iron skillet over medium-high heat. Once the butter melts, swirl the pan to combine the butter and oil.

- Add the fillets and cook, undisturbed, until the edges begin to turn opaque and the fish releases from the pan, about 3 minutes. Using a flat metal spatula, flip the fillets and cook until firm to the touch and opaque in the middle, about 3 to 5 minutes more. To serve, use a slotted spoon to divide the leeks among 4 shallow bowls.
- Place a piece of halibut over the leeks in each bowl, spoon over the desired amount of the leek braising liquid, and sprinkle with the chives.

Nutrition Facts



■ PROTEIN **32.58%**
■ FAT **33.65%**
■ CARBS **33.77%**

Properties

Glycemic Index:62.75, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:29.823043325673%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 322.9kcal (16.14%), Fat: 11.48g (17.66%), Saturated Fat: 4.63g (28.91%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 22.72g (8.26%), Sugar: 7.04g (7.82%), Cholesterol: 70.62mg (23.54%), Sodium: 713.13mg (31.01%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 25g (50%), Vitamin K: 102.47µg (97.59%), Selenium: 53.53µg (76.47%), Vitamin A: 3228.87IU (64.58%), Vitamin B6: 1.04mg (52.16%), Manganese: 0.89mg (44.71%), Vitamin B3: 8.93mg (44.66%), Vitamin D: 5.43µg (36.23%), Phosphorus: 353.84mg (35.38%), Folate: 125.87µg (31.47%), Vitamin C: 22.7mg (27.52%), Potassium: 885.61mg (25.3%), Iron: 4.11mg (22.82%), Vitamin B12: 1.32µg (21.97%), Magnesium: 79.13mg (19.78%), Vitamin E: 2.71mg (18.05%), Copper: 0.27mg (13.48%), Fiber: 3.19g (12.76%), Calcium: 119.59mg (11.96%), Vitamin B1: 0.16mg (10.84%), Vitamin B2: 0.11mg (6.68%), Vitamin B5: 0.66mg (6.59%), Zinc: 0.74mg (4.93%)