



# Papillote of Striped Bass with Herbs and Quick Aioli

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons dill fronds fresh chopped
- 2 egg yolks
- 2 tablespoons flat-leaf parsley chopped
- 2 cloves garlic minced peeled
- 0.5 teaspoon granulated sugar
- 1 medium idaho baker potato washed and dried
- 2 juice of lime juiced

- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon cut into thin slices and pits discarded
- 0.5 cup olive oil extra-virgin
- 8 tablespoons olive oil extra-virgin
- 32 ounce bass fillets

## Equipment

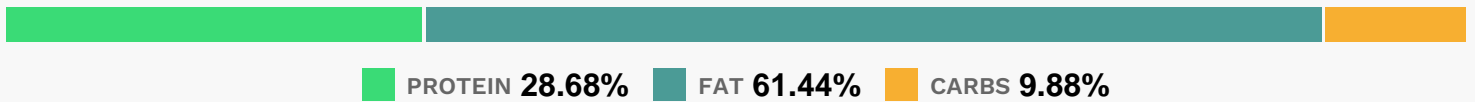
- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

## Directions

- Watch how to make this recipe.
- Arrange 2 shelves in the oven at a fair distance from each other. The foil-enveloped fish will need some room to puff and expand as it cooks. Better to rearrange the oven racks while the oven is not yet hot. Preheat the oven to 400 degrees F.
- Bake the potato until tender, about 45 minutes to 1 hour.
- Spread about a 2-foot sheet of foil on a flat surface with 1/2 of it hanging off the counter in front of you.
- Put the fish, skin side down, horizontally, onto the foil near the end of the counter leaving about 1 1/2-inches of foil on both sides. Season the flesh side of the fish with salt and pepper, to taste, and sprinkle with some dill, parsley and a few lemon slices.
- Drizzle about 2 tablespoons oil on top of the fish. Fold the foil back over the fish and fold in the sides of the foil twice. Leaving some air in the package, roll the top of the foil down twice gathering the top to make a window , leaving about 6 to 8 inches between the fish and the top. It should look like a small package, with all the sides sealed. There should be enough room left around the fish to allow for the steam to build up as it cooks, creating an inflated envelope around the fish. Repeat with remaining 3 pieces of fish.

- Put the garlic cloves in the bowl of a food processor and pulse until the garlic is finely chopped.
- Add the egg yolks and pulse to blend. When the potato is completely cooked and still warm, put it on a flat surface and split it open lengthwise. Use a tablespoon to scoop out the flesh, totaling about 3 to 4 tablespoons, and add it to the processor. Pulse to combine. With the processor running, slowly add the 1/2 cup of olive oil, through the opening at the top, in a steady stream.
- Add the sugar and the lime juice and pulse to incorporate. Season, to taste, with salt and pepper.
- Using 2 baking sheets, put 2 of the foil envelopes on each sheet and add a little water to the bottom of the sheet pan. This water will create additional steam in the oven as the fish cooks.
- Put the baking sheets on 2 shelves of the oven and bake, undisturbed, until the envelopes begin to puff, about 12 to 15 minutes.
- Remove from the oven and immediately transfer to 4 dinner plates. To serve, break open the foil and drizzle with the aioli.

## Nutrition Facts



### Properties

Glycemic Index:72.34, Glycemic Load:8.54, Inflammation Score:-7, Nutrition Score:27.348695806835%

### Flavonoids

Eriodictyol: 6.1mg, Eriodictyol: 6.1mg, Eriodictyol: 6.1mg, Eriodictyol: 6.1mg Hesperetin: 8.88mg, Hesperetin: 8.88mg, Hesperetin: 8.88mg, Hesperetin: 8.88mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

### Nutrients (% of daily need)

Calories: 603.09kcal (30.15%), Fat: 41.23g (63.44%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.29g (4.83%), Sugar: 1.84g (2.05%), Cholesterol: 278.64mg (92.88%), Sodium: 166.5mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.31g (86.63%), Vitamin B12: 8.84µg (147.32%), Selenium: 88.38µg (126.26%), Phosphorus: 523.61mg (52.36%), Vitamin K: 54.21µg (51.63%), Vitamin B6: 0.94mg

(47.2%), Vitamin E: 5.14mg (34.25%), Vitamin C: 25.14mg (30.48%), Magnesium: 108.43mg (27.11%), Vitamin B3: 5.41mg (27.03%), Potassium: 887.51mg (25.36%), Vitamin B5: 2.22mg (22.19%), Vitamin B1: 0.31mg (20.39%), Iron: 3.14mg (17.47%), Folate: 48.88µg (12.22%), Vitamin A: 532.47IU (10.65%), Zinc: 1.34mg (8.92%), Manganese: 0.18mg (8.85%), Vitamin B2: 0.15mg (8.54%), Copper: 0.16mg (7.76%), Calcium: 68.34mg (6.83%), Fiber: 1.64g (6.54%), Vitamin D: 0.49µg (3.24%)