



HEALTH SCORE

69%

Pheasant with Risotto, Grilled Asparagus, and Roasted Cauliflower



Gluten Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**1301 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arborio rice
- ☐ 1 bunch asparagus ends trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 head cauliflower cut into florets
- ☐ 0.5 cup fennel bulb diced for garnish, if desired (reserve the fronds)
- ☐ 3 sage fresh
- ☐ 0.5 teaspoon sumac powder

- ☐ 0.5 cup leek diced
- ☐ 6 cups chicken broth low-sodium
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large pheasant breast
- ☐ 0.5 tablespoon sea salt fine
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup wine

Equipment

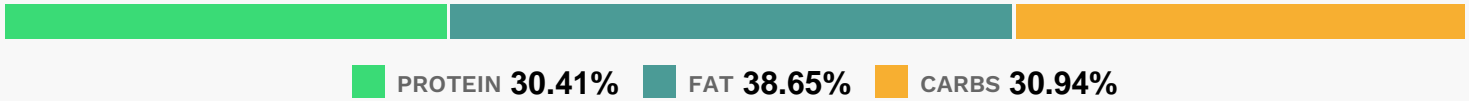
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Remove both breasts from the pheasant and season all over with sumac, salt, and pepper. Cover and refrigerate the breasts while you make the risotto and vegetables. If desired, use the rest of the pheasant to make stock to cook the risotto in.
- ☐ In a medium saucepan over moderate heat, warm the stock. Keep hot.
- ☐ In a second medium saucepan over moderate heat, warm the oil.
- ☐ Add the fennel and leek and sauté until tender.
- ☐ Add the wine and simmer the mixture until nearly dry.
- ☐ Add the rice and sauté, stirring, until lightly toasted.

- ☐ Add about 1 ladle's worth of hot stock and cook, stirring frequently, until absorbed. Continue adding the stock, 1 ladle's worth at a time, and cook, stirring frequently, until all the stock is absorbed and the risotto is creamy and tender but still al dente. Stir in the butter, season with salt and pepper, and keep warm.
- ☐ In a medium bowl, toss together the asparagus, oil, salt, and pepper.
- ☐ Heat a grill pan over moderate heat then add the asparagus and grill until tender. Alternatively, toss the asparagus, oil, salt, and pepper together on a large baking sheet and roast in a 500°F oven until tender.
- ☐ Preheat the oven to 500°F.
- ☐ On a large baking sheet, toss together the cauliflower, oil, salt, and pepper. Roast until tender and caramelized.
- ☐ In a large sauté pan over moderate heat, warm the oil.
- ☐ Add the pheasant and sear, flipping once, until both sides develop a rich brown color.
- ☐ Add the butter and sage and once the butter melts, use it to baste the breasts. Continue cooking until an instant read thermometer inserted into the thickest part of the pheasant (do not touch the bone) registers 165°F.
- ☐ Let the pheasant rest briefly then cut each breast in half.
- ☐ Divide the risotto, asparagus, and cauliflower among 4 plates. Top each with 1/2 pheasant breast and garnish with the reserved fennel fronds, if desired.
- ☐ From Master
- ☐ Chef, (C) © 2013 FOX

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:65.44, Inflammation Score:-10, Nutrition Score:59.193478301815%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 1300.67kcal (65.03%), Fat: 54.63g (84.05%), Saturated Fat: 15.77g (98.55%), Carbohydrates: 98.39g (32.8%), Net Carbohydrates: 89.69g (32.61%), Sugar: 6.48g (7.2%), Cholesterol: 257.31mg (85.77%), Sodium: 1171.64mg (50.94%), Alcohol: 3.09g (100%), Alcohol %: 0.35% (100%), Protein: 96.7g (193.41%), Vitamin B3: 32.87mg (164.36%), Vitamin B6: 2.87mg (143.65%), Vitamin C: 96.31mg (116.74%), Phosphorus: 1070.34mg (107.03%), Selenium: 72.43µg (103.48%), Folate: 402.56µg (100.64%), Vitamin K: 91µg (86.66%), Manganese: 1.67mg (83.71%), Vitamin B1: 1.05mg (70.24%), Iron: 12.44mg (69.12%), Vitamin B5: 5.79mg (57.89%), Potassium: 1961.75mg (56.05%), Vitamin B2: 0.9mg (53.04%), Copper: 1mg (50.17%), Vitamin B12: 2.99µg (49.89%), Zinc: 5.81mg (38.74%), Vitamin A: 1832.12IU (36.64%), Magnesium: 141.13mg (35.28%), Fiber: 8.7g (34.81%), Vitamin E: 3.74mg (24.9%), Calcium: 136.1mg (13.61%)