



Pistachio Sea Bass with Crab Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings coconut or
- ☐ 0.3 teaspoon curry powder to taste
- ☐ 1 large egg whites lightly beaten
- ☐ 6 servings fleur del sel to taste
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 pound lump crab meat picked over cooked
- ☐ 2 tablespoons pistachio oil
- ☐ 0.8 cup pistachios unsalted red shelled finely chopped (not dyed ; 3 ounces)

- ☐ 4 spring onion finely chopped
- ☐ 0.8 cup sea bass fillets (salicornia) (tiny branches along stem)
- ☐ 30 ounce sea bass fillets skinless with tweezers (3/)
- ☐ 1 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ spatula

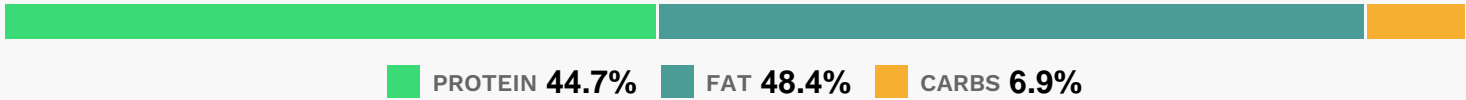
Directions

- ☐ Blanch sea bean tips in a small saucepan of boiling salted water 30 seconds, then drain in a sieve and pat dry.
- ☐ Reserve 1/4 cup sea bean tips for garnish, then stir together remaining tips with crab and scallions. Stir together lime juice and curry powder in a small bowl, then pour over crab and toss well.
- ☐ Add salt and pepper to taste and toss to combine.
- ☐ Cut 1 sea bass fillet in half crosswise (each piece should measure about 4 by 3 inches). Season skinned sides of both halves lightly with salt, then stack pieces, skinned sides together, to form a "steak."
- ☐ Brush top generously with egg white and top evenly with about 2 tablespoons pistachios, pressing to adhere. Assemble 5 more servings in same manner.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Fold 1 sheet of parchment in half crosswise and, starting at 1 end of crease, cut out a half heart shape, keeping vertical crease as long as possible. Unfold heart and arrange on a work surface with point nearest you, then place a fish steak just to 1 side of crease. Fold other half of heart over fish to enclose and, starting at top of crease, turn in edges of parchment in

overlapping folds, about 1 inch apart, pressing each fold firmly as you go, to form a tight seal. Tuck last fold under packet and secure with a paper clip. Make 5 more packets in same manner.

- ☐ Heat 1 tablespoon vegetable oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sear 2 fish packets, starting with nut sides down, until nuts are pale golden, about 30 seconds (watch closely, as nuts burn easily). Carefully turn packets over with a slotted metal spatula and sear until fish is golden, about 2 minutes.
- ☐ Transfer seared packets, nut sides up, with spatula to baking sheet. Sear remaining packets in same manner, adding more oil to skillet as needed.
- ☐ Bake packets until fish is just cooked through, about 13 minutes.
- ☐ While fish bakes, divide crab salad among 6 plates, arranging in center as a bed for fish.
- ☐ Cut open each packet and lightly brush top (nut side) with 1 teaspoon pistachio oil, then sprinkle with fleur de sel. Carefully transfer fish with spatula to crab salad, discarding parchment, and pour coconut sauce around fish.
- ☐ Sprinkle each with reserved sea bean tips.
- ☐ Fish packets can be assembled 3 hours ahead and chilled.
- ☐ Let stand at room temperature 45 minutes before cooking.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:25.937825907832%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 404.13kcal (20.21%), Fat: 21.7g (33.38%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.13g (2.36%), Cholesterol: 160.87mg (53.62%), Sodium: 799.48mg (34.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.08g (90.17%), Vitamin B12: 11.65µg (194.21%), Selenium: 86.89µg (124.12%), Phosphorus: 551.57mg (55.16%), Copper: 0.83mg (41.39%), Vitamin B6: 0.78mg

(39.23%), Zinc: 4.57mg (30.46%), Magnesium: 119.09mg (29.77%), Vitamin B3: 4.54mg (22.72%), Potassium: 783.36mg (22.38%), Vitamin K: 22.89µg (21.8%), Vitamin B1: 0.32mg (21.02%), Manganese: 0.41mg (20.25%), Vitamin B5: 1.61mg (16.15%), Iron: 2.79mg (15.5%), Folate: 56.78µg (14.19%), Fiber: 2.74g (10.96%), Vitamin C: 7.77mg (9.42%), Vitamin B2: 0.15mg (8.55%), Calcium: 76.99mg (7.7%), Vitamin A: 290.7IU (5.81%), Vitamin E: 0.62mg (4.11%)