



Poached Arctic Char with Basil-Tarragon Mayonnaise

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus trimmed
- ☐ 2 large egg yolk
- ☐ 0.3 cup basil fresh
- ☐ 1 garlic clove smashed
- ☐ 2 tablespoons kosher salt plus more
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon ground mustard

- ☐ 0.8 cup olive oil extra virgin extra-virgin plus more for serving
- ☐ 6 servings sea salt (such as Maldon)
- ☐ 36 ounce fat-trimmed beef flank steak thick
- ☐ 0.3 cup tarragon fresh

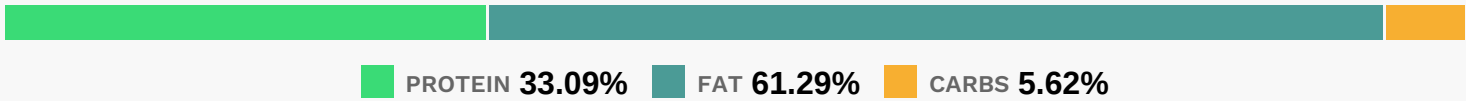
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Blend egg yolks, lemon juice, and mustard powder in a blender.
- ☐ Add basil and 1/4 cup tarragon. With machine running, drizzle in 3/4 cup oil; blend until smooth.
- ☐ Transfer mayonnaise to a small bowl, cover, and chill.
- ☐ Combine tarragon sprigs, garlic, 2 tablespoons kosher salt, and 6 cups water in a large deep, lidded skillet and bring to a boil.
- ☐ Add fish, cover, and remove skillet from heat.
- ☐ Let stand until fish is just opaque in the center, 6–8 minutes.
- ☐ Meanwhile, cook asparagus in a large pot of boiling salted water until crisp-tender, about 3 minutes; drain
- ☐ Serve fish with asparagus; top with mayonnaise, drizzle with some oil, and sprinkle with sea salt.
- ☐ DO AHEAD: Mayonnaise can be made 2 days ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:27.595652290013%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 456.73kcal (22.84%), Fat: 31.69g (48.75%), Saturated Fat: 12.1g (75.61%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 3.81g (1.39%), Sugar: 2.38g (2.64%), Cholesterol: 164.96mg (54.99%), Sodium: 2614.46mg (113.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.49g (76.98%), Selenium: 49.89µg (71.27%), Zinc: 9.65mg (64.3%), Vitamin K: 57.24µg (54.51%), Vitamin B12: 2.93µg (48.9%), Vitamin B3: 9.7mg (48.5%), Vitamin B6: 0.87mg (43.38%), Vitamin B2: 0.63mg (37.05%), Iron: 6.4mg (35.54%), Phosphorus: 344.04mg (34.4%), Vitamin B1: 0.34mg (22.61%), Vitamin A: 1107.22IU (22.14%), Potassium: 774.57mg (22.13%), Folate: 81.75µg (20.44%), Manganese: 0.41mg (20.35%), Copper: 0.38mg (19.07%), Magnesium: 64.7mg (16.17%), Vitamin E: 2.28mg (15.2%), Vitamin C: 9.77mg (11.84%), Fiber: 2.72g (10.89%), Calcium: 78.33mg (7.83%), Vitamin B5: 0.5mg (5.01%), Vitamin D: 0.48µg (3.17%)