



## Potato-Crusted Halibut



Gluten Free



Dairy Free



Very Healthy

READY IN



106 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon fennel seeds
- ☐ 6 garlic cloves smashed
- ☐ 24 ounce pacific halibut fillets
- ☐ 4 servings kosher salt
- ☐ 1 lemon zest with a vegetable peeler in wide strips
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 1 pinch pepper flakes red crushed

- ☐ 1 thyme bundle
- ☐ 3 yukon gold potatoes scrubbed

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ mandoline

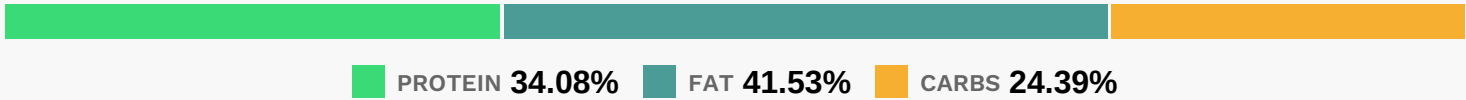
## Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan over medium heat, combine the olive oil, garlic, thyme, bay leaves, lemon zest, crushed red pepper flakes and fennel seeds. Bring to a boil then turn the heat off and let it sit for at least 1 hour. (\*Big tip: This can be done ahead and used for LOTS of different things.)
- ☐ Using a mandoline, slice 1 potato extremely thin, (paper thin), in elongated rounds.
- ☐ Lay a piece of parchment paper on a clean, dry work surface. Arrange 3 potato slices in an overlapping vertical line pressing them together as you put them on the parchment. Repeat this process until you have a 4 by 6-inch overlapping potato rectangle that replicates fish scales.
- ☐ Brush the potato "scales" with the infused oil and sprinkle with salt. Season the halibut with salt.
- ☐ Lay the halibut fillet closer to 1 end of the potato rectangle than the other and then roll the fish up in the potato slices, using the parchment to help facilitate the rolling. Press to compact and really adhere the potatoes to the fish.
- ☐ Brush the outside of the potatoes with the infused oil to seal the potatoes and to prevent the potatoes from turning brown, this will also help make a nice tight "fish package". Reserve the fish in the refrigerator while preparing the remaining fillets. Refrigerate the fillets for at least 1 hour before cooking.
- ☐ Add the infused olive oil to a large nonstick saute pan until the bottom is generously covered and bring the pan to a medium-high heat. Season the fish with salt and add to the pan. Cook the fish on both sides for 3 to 4 minutes frequently spooning the excess oil over the fish to "baste" it. The potatoes should be crispy golden brown and very well flavored and the fish will

be succulent inside its crispy "scales".

- ☐ Transfer to serving plates and serve.
- ☐ This will make a fish lover out of anyone!

## Nutrition Facts



## Properties

Glycemic Index:52.19, Glycemic Load:16.74, Inflammation Score:-7, Nutrition Score:26.199130545492%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 409.24kcal (20.46%), Fat: 18.84g (28.98%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.19g (7.7%), Sugar: 1.1g (1.23%), Cholesterol: 83.35mg (27.78%), Sodium: 320.05mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.56%), Selenium: 78.6µg (112.29%), Vitamin B6: 1.38mg (68.8%), Vitamin B3: 12.55mg (62.77%), Vitamin D: 7.99µg (53.3%), Phosphorus: 488.87mg (48.89%), Potassium: 1325.03mg (37.86%), Vitamin C: 29.2mg (35.39%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 3.4mg (22.67%), Manganese: 0.4mg (19.82%), Magnesium: 76.07mg (19.02%), Fiber: 3.71g (14.85%), Vitamin B1: 0.2mg (13.55%), Vitamin K: 12.28µg (11.69%), Copper: 0.21mg (10.48%), Folate: 41.35µg (10.34%), Iron: 1.8mg (9.97%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.1mg (7.34%), Vitamin B2: 0.1mg (6.17%), Calcium: 57.1mg (5.71%), Vitamin A: 142.08IU (2.84%)