



## Prosciutto- Wrapped Halibut with Summer Squash



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoon crème fraîche
- ☐ 1 teaspoon thyme leaves fresh divided
- ☐ 1 pinch kosher salt and freshly cracked pepper black as needed
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoon olive oil divided plus more for drizzling

### Equipment

- ☐ frying pan

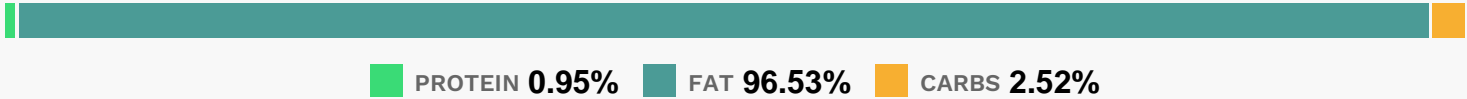
- ☐ oven
- ☐ knife
- ☐ serrated knife
- ☐ kitchen twine

## Directions

- ☐ Place the oven rack in the top position and heat the oven to 450 degrees F.
- ☐ Heat 1 tablespoon olive oil in a medium saute pan set over medium heat.
- ☐ Add the diced squash and cook shaking the pan often until the vegetables soften some, about 4 minutes.
- ☐ Remove from heat and stir in the diced red pepper and ½ teaspoon thyme leaves. Season with salt and pepper. Set aside.
- ☐ Spread the 5 slices of prosciutto side by side and overlapping each other crosswise about half way.
- ☐ Lay a second row with the remaining slices at the bottom of the first, also overlapping about 1-inch. You should have solid rectangle of prosciutto slices about 6 x 11-inches.
- ☐ Place one of the fillet pieces crosswise at the bottom of the prosciutto slices. Dollop the crème fraîche just above it directly on the prosciutto, then sprinkle about 3 tablespoons of the squash mixture onto the crème fraîche, followed by the lemon zest.
- ☐ Lay the remaining piece of fish just above the squash and crème fraîche, snuggling them together somewhat. You should have a sandwich of fish and filling laying on its side just at the bottom edge of the rectangle of overlapping prosciutto slices. Then, working carefully to keep the prosciutto slices interconnected, roll the fish upwards until it is completely wrapped in the prosciutto. Tie the bundle closed in three places with kitchen twine.
- ☐ Heat 1 tablespoon olive oil in an oven proof or cast iron skillet.
- ☐ Add the prosciutto-wrapped fish and cook until golden brown, about 2–3 minutes per side.
- ☐ Remove from heat.
- ☐ Sprinkle with remaining ½ teaspoon thyme leaves, drizzle with olive oil, season with salt and black pepper. Move the skillet to the heated oven and roast until the fish is cooked through, about 7 minutes depending on thickness. Fillets are done when a thin-bladed knife will pass through their thickest point with little resistance

- ☐
- While the fish finishes cooking gently reheat the remaining vegetables, then divide them between 2 plates. When the fish has cooked, use a serrated knife to cut the prosciutto-wrapped halibut on a diagonal into 2 equally sized pieces.
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- Lay them on top of the warm vegetables, drizzle with olive oil and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:1.7726087000059%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

## Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 16.35g (25.15%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.45g (0.5%), Cholesterol: 7.08mg (2.36%), Sodium: 23.53mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin E: 2.06mg (13.76%), Vitamin K: 8.61µg (8.2%), Vitamin C: 3mg (3.64%), Vitamin A: 122.77IU (2.46%), Calcium: 17.66mg (1.77%), Vitamin B2: 0.03mg (1.51%), Iron: 0.27mg (1.5%), Phosphorus: 10.3mg (1.03%)