

Red Mullet Fillets with Haricots Verts and Dried Apricots

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce filets whole red with skin (from four 3/4-pound fish), pin bones removed with tweezers (mullet)
- 6 apricot dried cut into 1/4-inch dice
- 0.3 pound haricots verts trimmed cut into 1/4-inch pieces
- 1 small mint leaves
- 0.3 cup olive oil extra virgin extra-virgin divided for drizzling (preferably from Liguria)
- 0.3 cup pinenuts toasted

Equipment

- frying pan
- oven
- knife
- spatula

Directions

- Pat fish dry, then score skin of each fillet twice diagonally with a sharp knife to help prevent them from curling in pan.
- Brush skin side with 1 tablespoon oil (total) and arrange fillets skin side down on a tray.
- Brush flesh sides with another tablespoon oil and season with 1/2 teaspoon salt.
- Preheat oven to 200°F.
- Heat 1 tablespoon oil in a large heavy skillet over medium-high heat until it shimmers. Sauté haricots verts, apricots, and toasted pine nuts until beans are crisp-tender with some golden edges, about 4 minutes.
- Remove from heat, then stir in mint and 1/4 teaspoon salt. Divide among 4 plates and keep warm in oven. Wipe out skillet.
- Heat cleaned skillet and another dry large heavy skillet (not nonstick) over medium-high heat 2 minutes.
- Add 1/2 tablespoon oil to one skillet, swirling to coat, then place 4 fillets skin side down in skillet, immediately pressing each one flat with a spatula to prevent curling before adding the next. Swirl remaining 1/2 tablespoon oil in other skillet, then add remaining fillets in same manner. Cook fish, without turning, pressing flat as necessary, until skin is golden and fish is almost cooked through (it will continue to cook from residual heat), 3 to 4 minutes.
- Arrange 2 fillets, skin side up, over vegetables on each plate.
- Drizzle plates lightly with additional oil.

Nutrition Facts

 **PROTEIN 7.98%**  **FAT 73.2%**  **CARBS 18.82%**

Properties

Glycemic Index:19.85, Glycemic Load:2.96, Inflammation Score:-6, Nutrition Score:9.3452174093412%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 228.56kcal (11.43%), Fat: 19.51g (30.02%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 9.06g (3.29%), Sugar: 7.94g (8.83%), Cholesterol: 6.1mg (2.03%), Sodium: 11.64mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Manganese: 0.86mg (42.88%), Vitamin K: 29.31µg (27.92%), Vitamin E: 3.5mg (23.31%), Vitamin A: 712.03IU (14.24%), Phosphorus: 100.36mg (10.04%), Magnesium: 39.2mg (9.8%), Potassium: 329.43mg (9.41%), Copper: 0.18mg (9.17%), Fiber: 2.23g (8.92%), Selenium: 5.24µg (7.49%), Iron: 1.32mg (7.32%), Vitamin B3: 1.26mg (6.28%), Vitamin C: 5.02mg (6.09%), Vitamin B6: 0.11mg (5.67%), Zinc: 0.75mg (4.99%), Vitamin B1: 0.07mg (4.97%), Vitamin B2: 0.08mg (4.54%), Folate: 17.82µg (4.45%), Calcium: 24.95mg (2.49%), Vitamin B12: 0.13µg (2.15%), Vitamin B5: 0.2mg (1.96%)