



## Redfish with Anchovies and Thyme

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



8

CALORIES



1387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 fillet anchovy
- 1 fat pat butter unsalted
- 1 clove garlic minced
- 2 tablespoons olive oil
- 12 rockfish red
- 2 tablespoons cooking sherry
- 1 Leaves from 3 sprigs thyme

### Equipment

- frying pan
- whisk
- blender
- wooden spoon
- aluminum foil
- spatula

## Directions

- In a large, nonstick frying pan (I use Woll fish pan here) pour a little olive oil and, when warm, start frying the fish. They won't need much, but keep an eye – some fillets may be thicker than others – and remove to a couple of warm plates, tented with foil, as they're cooked. I think those look best with the pearly pink skin uppermost.
- When all the fish fillets are cooked, add a tablespoon of olive oil plus the dribble of anchovy oil to the pan and stir in the minced garlic and the anchovy fillets. Keep stirring with a wooden spoon or spatula and, as the oil warms, the garlic should soften and the anchovies seem to melt into a sauce.
- Add most of the thyme leaves, then the sherry. After a scant minute's bubbling, replace the wooden spoon in your hand with a wire whisk or a handheld mixer or electric whisk – one of my favorite pieces of equipment – and, off the heat, whisk in the butter.
- Pour this amount of viscous sauce over the 2 plates of fish (this is for flavoring, not coverage), then sprinkle with the few remaining thyme leaves.
- Serve with the chickpeas and tomato salad. I know this sounds like a lot for 8, but I like to work on making enough for half those present to have second helpings. At any rate, I've found that a good rule of thumb.

## Nutrition Facts

 **PROTEIN 84.93%**  **FAT 14.99%**  **CARBS 0.08%**

## Properties

Glycemic Index:11.25, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:49.923478161835%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 1386.91kcal (69.35%), Fat: 21.74g (33.45%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.04g (0.04%), Cholesterol: 500.37mg (166.79%), Sodium: 865.39mg (37.63%), Alcohol: 0.39g (100%), Alcohol %: 0.04% (100%), Protein: 277.12g (554.25%), Vitamin D: 137.7µg (918.01%), Selenium: 516.12µg (737.32%), Vitamin B12: 40.51µg (675.11%), Vitamin B6: 5.41mg (270.42%), Phosphorus: 2676.15mg (267.62%), Potassium: 5638.32mg (161.09%), Magnesium: 433.08mg (108.27%), Vitamin B5: 10.14mg (101.36%), Vitamin E: 13.47mg (89.82%), Calcium: 435.06mg (43.51%), Vitamin B1: 0.62mg (41.5%), Zinc: 4.89mg (32.59%), Vitamin A: 1440.6IU (28.81%), Vitamin C: 21.92mg (26.57%), Vitamin B3: 3.98mg (19.92%), Copper: 0.38mg (19.1%), Folate: 67.7µg (16.92%), Iron: 2.52mg (14%), Manganese: 0.19mg (9.45%), Vitamin K: 3.49µg (3.32%), Vitamin B2: 0.04mg (2.63%)