



Roasted Farm-Raised Barramundi with Fennel and Orange



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup wine dry white
- ☐ 1.5 pound filets skinless with skin 6-ounce fillets
- ☐ 2 medium fennel bulb trimmed halved sliced for garnish
- ☐ 2 teaspoons fennel seeds
- ☐ 2 garlic clove pressed
- ☐ 4.5 tablespoons olive oil extra virgin extra-virgin divided for brushing

- ☐ 5 cranberry-orange relish
- ☐ 1 shallots minced

Equipment

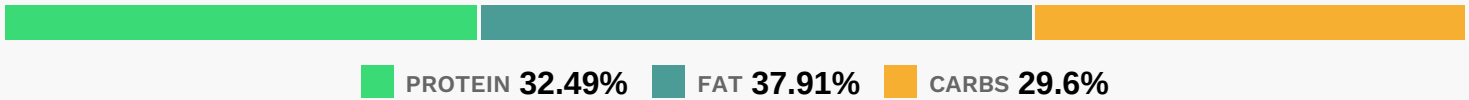
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Toast fennel seeds in heavy smallskillet over medium-high heatuntil fragrant and beginningto brown. Using spice grinder,coarsely grind fennel seeds with1 1/2 teaspoons coarse salt. DO AHEAD: Fennel salt can be made2 days ahead. Cover and store atroom temperature.
- ☐ Finely grate enough orangepeel from 1 orange to measure1 1/2 teaspoons; set aside. Usingsmall sharp knife, cut off peeland white pith from 3 oranges.Working over bowl, cut betweenmembranes to release orangesegments into bowl. Squeezeenough juice from remaining 2oranges to measure 1/2 cup. DO AHEAD: Orange peel, segments,and juice can be made 4 hoursahead. Cover separately; letstand at room temperature.
- ☐ Position 1 rack in top thirdand 1 rack in bottom third of oven;preheat to 400°F.
- ☐ Brush largerrimmed baking sheet with oil.Toss sliced fennel, 1 1/2 tablespoonsoil, 1 teaspoon fennel salt, and1/2 teaspoon orange peel in largebowl.
- ☐ Transfer to prepared sheet,spreading evenly. Roast fennelon bottom rack until beginning tosoften, about 8 minutes.
- ☐ Meanwhile, brush largeshallow roasting pan with oil.
- ☐ Mix 2 tablespoons oil, 1 teaspoonorange peel, and garlic in smallbowl. If using fish fillet withskin, place skin side down in panand brush top with orange-peelmixture. If using 4 skinless fillets,brush both sides with orangepeelmixture and place in pan,spacing apart.
- ☐ Sprinkle fish with1 teaspoon fennel salt.

- ☐ Stir fennel; arrange orange sections around.
- ☐ Transfer fennel to top rack of oven and place fish on bottom rack. Roast until fish is just opaque in center and fennel is tender, about 13 minutes longer.
- ☐ Transfer fish to platter; tent with foil.
- ☐ Place same pan over 2 burners; heat over medium-high heat.
- ☐ Add shallot; stir until tender, about 2 minutes.
- ☐ Add wine and orange juice; boil, scraping up browned bits on bottom of pan, until reduced to 1/2 cup, about 4 minutes.
- ☐ Whisk in remaining 1 tablespoon oil. Season sauce with 1/2 teaspoon fennel salt, adding more to taste if desired. Arrange fennel and oranges around fish on platter.
- ☐ Pour sauce over, sprinkle with reserved fronds, and serve.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:9.26, Inflammation Score:-8, Nutrition Score:29.460869581803%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 44.74mg, Hesperetin: 44.74mg, Hesperetin: 44.74mg, Hesperetin: 44.74mg Naringenin: 25.2mg, Naringenin: 25.2mg, Naringenin: 25.2mg, Naringenin: 25.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 426.73kcal (21.34%), Fat: 17.48g (26.9%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 22.53g (8.19%), Sugar: 20.7g (23%), Cholesterol: 73.14mg (24.38%), Sodium: 1028.45mg (44.72%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 33.72g (67.43%), Vitamin C: 104.03mg (126.1%), Selenium: 58.26µg (83.23%), Vitamin K: 83.32µg (79.36%), Phosphorus: 443.04mg (44.3%), Potassium: 1548.74mg (44.25%), Fiber: 8.19g (32.75%), Vitamin B6: 0.63mg (31.49%), Vitamin E: 4.33mg (28.89%), Vitamin B12: 1.55µg (25.8%), Magnesium: 99.26mg (24.81%), Vitamin B3: 4.84mg (24.18%), Folate: 95.09µg (23.77%), Manganese: 0.44mg (21.8%), Vitamin B1: 0.3mg (19.72%), Calcium: 170.43mg (17.04%), Vitamin B2: 0.22mg (13.2%), Vitamin A:

594.99IU (11.9%), Iron: 2.13mg (11.82%), Copper: 0.22mg (11.05%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.98mg (9.82%), Zinc: 1.23mg (8.21%)