

food
network

 **100%**
HEALTH SCORE

Roasted Halibut with Pea and Mint Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup mint leaves fresh packed chopped for garnish
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 24 ounce center-cut halibut fillets skinless
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh (1 large lemon)

- ☐ 1 tablespoon lemon zest (1 large lemon)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 cups peas frozen thawed
- ☐ 1 large bell pepper red cored seeded sliced into 1/ slices
- ☐ 2 small shallots thinly sliced

Equipment

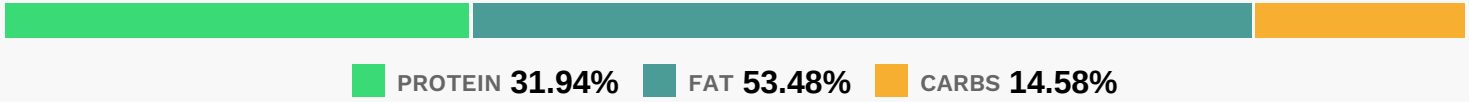
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ glass baking pan

Directions

- ☐ Fish: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a small baking sheet or glass baking dish with vegetable oil cooking spray. Set aside.
- ☐ In a small bowl, whisk together the lemon juice, 3 tablespoons of olive oil, garlic, salt, and pepper until smooth.
- ☐ Pour the mixture into a sealable plastic bag or a glass baking dish.
- ☐ Add the halibut and coat it with the lemon mixture. Refrigerate for 35 minutes.
- ☐ Remove the halibut from the marinade and arrange them on the prepared baking sheet. Roast until the fish flakes easily with a fork, about 15 to 18 minutes.
- ☐ Heat the oil in a medium skillet over medium-high heat.
- ☐ Add the shallots and red bell pepper. Season with salt and pepper, to taste. Cook, stirring frequently, until the shallots are soft and translucent, about 6 minutes. Turn off the heat, then add the peas, the chopped mint, lemon zest, and thyme.

- ☐
- Drizzle with the remaining 2 tablespoons of olive oil and toss to coat. Season with salt and pepper, to taste.
- ☐
- Spoon the salad onto 4 plates and top with the halibut.
- ☐
- Garnish with mint sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:33.863913079967%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 447.15kcal (22.36%), Fat: 26.81g (41.24%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 10.64g (3.87%), Sugar: 6.25g (6.95%), Cholesterol: 83.35mg (27.78%), Sodium: 416.88mg (18.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.03%), Selenium: 78.98µg (112.84%), Vitamin C: 89.91mg (108.99%), Vitamin B3: 12.89mg (64.46%), Vitamin B6: 1.24mg (61.8%), Vitamin D: 7.99µg (53.3%), Phosphorus: 492.43mg (49.24%), Vitamin A: 2378.22IU (47.56%), Vitamin E: 5.25mg (34.98%), Potassium: 1102.94mg (31.51%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 30.44µg (28.99%), Manganese: 0.54mg (27.14%), Folate: 95.81µg (23.95%), Fiber: 5.8g (23.19%), Magnesium: 78.32mg (19.58%), Vitamin B1: 0.28mg (18.48%), Iron: 2.48mg (13.79%), Vitamin B2: 0.2mg (11.99%), Zinc: 1.63mg (10.85%), Copper: 0.21mg (10.55%), Vitamin B5: 0.89mg (8.88%), Calcium: 74.48mg (7.45%)