



## Roasted Monkfish with Curried Lentils and Browned Butter Cauliflower

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 0.5 cup carrots peeled finely chopped
- ☐ 4.5 cups cauliflower florets (from one 22-ounce head)
- ☐ 0.5 cup celery finely chopped
- ☐ 0.8 teaspoon curry powder
- ☐ 1 cup green lentils french (lentilles de Puy)
- ☐ 4 garlic cloves chopped

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.5 tablespoons lemon zest   grated
- ☐ 24 ounce monkfish fillet   skinless (each )
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion   finely chopped
- ☐ 0.8 teaspoon paprika
- ☐ 0.3 cup parsley   fresh italian chopped
- ☐ 2.8 cups water   divided
- ☐ 1 cup whipping cream

## Equipment

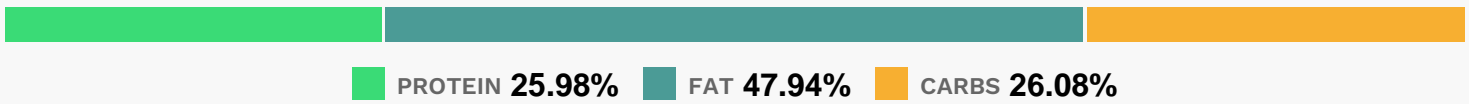
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ Bring first 4 ingredients to boil in medium saucepan. Reduce heat, cover, and simmer until cauliflower is very tender, about 17 minutes. Cool slightly.
- ☐ Transfer mixture to blender; add 3 tablespoons water and puree until smooth. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill. Rewarm over medium heat, stirring, and adding more water to thin sauce, if desired.)
- ☐ Heat oil in medium saucepan over medium heat.
- ☐ Add onion, carrots, and celery; sauté until soft, about 8 minutes.
- ☐ Add lentils, curry, and paprika; stir 1 minute.
- ☐ Add 2 1/2 cups water; bring to boil. Reduce heat, cover, and simmer until lentils are tender, stirring occasionally, about 30 minutes. Uncover; stir until liquid is absorbed, about 5 minutes.
- ☐ Meanwhile, cook butter in large nonstick skillet over medium-high heat until browned, about 2 minutes.
- ☐ Add cauliflower; sauté until beginning to brown, about 5 minutes.

- ☐ Add 1/4 cup water; cover and cook until cauliflower is crisp-tender and water evaporates, about 3 minutes longer. Stir in lentil mixture. Season with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm before serving.)
- ☐ Mix parsley and lemon peel in bowl. Season with salt and pepper.
- ☐ Sprinkle monkfish with salt and pepper.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add fish; sauté until just opaque in center, about 6 minutes per side.
- ☐ Divide sauce among 4 plates. Spoon lentil mixture alongside.
- ☐ Place fish atop lentils; sprinkle with gremolata.
- ☐ \*Available at specialty foods stores and some supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:91.11, Glycemic Load:5.9, Inflammation Score:-10, Nutrition Score:44.835217703944%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 11.17mg, Apigenin: 11.17mg, Apigenin: 11.17mg, Apigenin: 11.17mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 636.53kcal (31.83%), Fat: 34.33g (52.81%), Saturated Fat: 18.63g (116.42%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 23.41g (8.51%), Sugar: 6.87g (7.64%), Cholesterol: 124.81mg (41.6%), Sodium: 162.37mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.71%), Vitamin K: 112.96µg (107.58%), Selenium: 69.3µg (99%), Vitamin A: 4477.44IU (89.55%), Vitamin C: 71.75mg (86.97%), Folate: 328.72µg (82.18%), Fiber: 18.61g (74.46%), Phosphorus: 667.17mg (66.72%), Vitamin B6: 1.01mg (50.45%), Manganese: 1mg (49.89%), Potassium: 1704.51mg (48.7%), Vitamin B1: 0.57mg (37.77%), Magnesium: 127.72mg (31.93%), Iron: 5.4mg (30.02%), Vitamin B3: 5.8mg (29.01%), Vitamin B12: 1.64µg (27.3%), Vitamin B2: 0.42mg (24.86%), Zinc: 3.68mg (24.51%), Vitamin B5: 2.35mg (23.46%), Copper: 0.42mg (20.87%), Calcium: 144.14mg (14.41%), Vitamin E: 1.92mg (12.8%),

Vitamin D: 0.95µg (6.35%)