

## Roasted Pompano with Blood Orange Avacado Salsa, Cilantro Butter & Spicy Plantains



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



1 avocado diced



2 blood oranges



0.3 teaspoon cayenne pepper to taste (or )



1 tablespoon chili powder



1 large bunch cilantro leaves



2 tablespoon cilantro leaves minced

- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lime
- ☐ 8 slice lime
- ☐ 2 servings citrus peel
- ☐ 1 tablespoon olive oil
- ☐ 1 small bell pepper diced red
- ☐ 2 servings salt an pepper
- ☐ 1 tablespoon spiced rum
- ☐ 4 tablespoon butter unsalted room temperature

## Equipment

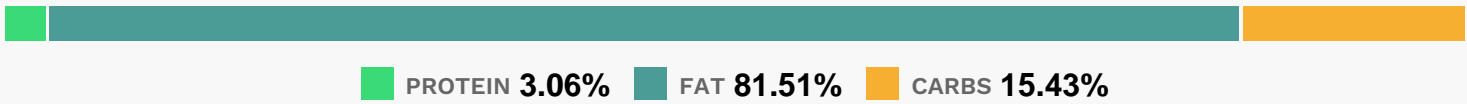
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ FISH AND SALSA
- ☐ Preheat oven to 400 degrees. Make the cilantro butter by combining butter, cilantro and rum.
- ☐ Place mixture on plastic wrap, and form into 3inch log.
- ☐ Place in refrigerator to set.
- ☐ â€œSupremeâ€ the oranges by slicing off the peel and pith in strips, then removing each section of citrus by slicing between the membranes. Reserve peel.
- ☐ Combine the orange supremes, onion, bell and habanero peppers, and cilantro in a bowl and mix well. Then add the avocado and lime juice and carefully fold to combine.
- ☐ Add salt and pepper to taste and refrigerate until use.

- ☐ Prepare pompano by cutting 4 vertical parallel slices, about ½ inch deep and 2 inches apart, down each side of the fish. Stuff each cut with 1 half-moon shaped lime slice on both sides. Season the cavity with salt and pepper and stuff with reserved citrus peels and cilantro.
- ☐ Drizzle both sides with olive oil and season with salt and pepper.
- ☐ Place on oiled, shallow baking sheet and bake without turning 25–30 minutes, or until you see the skin bubbling slightly and swelling.
- ☐ Remove from oven. Flesh should feel lightly firm and springy.
- ☐ Remove top fillet by cutting along and on top of backbone, carefully lift fillet off the bones, working from the top of the fish down to itâ€™s belly. Then remove the bone structure by carefully lifting up on the tail towards the head, exposing the bottom fillet.
- ☐ Slice cilantro butter into discs, and place 1–2 discs on each fillet on the flesh side. Spoon salsa over fillets, and serve.PLANTAINS
- ☐ Peels and slice the plantains into 3/4 inch discs
- ☐ Melt butter in a cast iron or non-stick skillet
- ☐ Cook the plantains on both sides until just beginning to brown and soften. Then mash and flatten slightly using 2 forks.
- ☐ Remove the plantains from skillet and let drain on paper towels.
- ☐ Meanwhile mix the flour and spices together well. Then dredge the plantains in the flour mixture until well coated.
- ☐ Return them to the pan and cook them until well browned.
- ☐ Serve warm alongside the fish.

## Nutrition Facts



## Properties

Glycemic Index:147.25, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:22.213043567927%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol:

0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 17.36mg, Hesperetin: 17.36mg, Hesperetin: 17.36mg, Hesperetin: 17.36mg Naringenin: 3.03mg, Naringenin: 3.03mg, Naringenin: 3.03mg, Naringenin: 3.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 485.78kcal (24.29%), Fat: 45.54g (70.06%), Saturated Fat: 17.64g (110.27%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 9.01g (3.28%), Sugar: 4.57g (5.07%), Cholesterol: 60.2mg (20.07%), Sodium: 275.86mg (11.99%), Alcohol: 2.51g (100%), Alcohol %: 1.28% (100%), Protein: 3.84g (7.69%), Vitamin C: 78.75mg (95.45%), Vitamin A: 3655.81IU (73.12%), Vitamin K: 47.48µg (45.22%), Fiber: 10.38g (41.53%), Vitamin E: 6.19mg (41.24%), Folate: 111.2µg (27.8%), Vitamin B6: 0.49mg (24.68%), Potassium: 766.97mg (21.91%), Vitamin B5: 1.72mg (17.19%), Manganese: 0.32mg (16.02%), Copper: 0.29mg (14.58%), Vitamin B3: 2.82mg (14.1%), Vitamin B2: 0.24mg (13.85%), Iron: 2.41mg (13.42%), Magnesium: 49.53mg (12.38%), Phosphorus: 97.87mg (9.79%), Vitamin B1: 0.13mg (8.86%), Zinc: 1.07mg (7.1%), Calcium: 64.26mg (6.43%), Vitamin D: 0.42µg (2.8%), Selenium: 1.85µg (2.64%)