



Roasted Potatoes and Haddock Puttanesca



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained
- ☐ 0.3 teaspoon pepper black freshly ground plus more
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 0.3 cup caper rinsed halved drained
- ☐ 1 pound fingerling potatoes halved
- ☐ 1 tablespoon flat parsley chopped
- ☐ 4 garlic clove sliced
- ☐ 8 ounces pacific halibut filets cut into 1 1/2" cubes

- ☐ 0.5 teaspoon kosher salt plus more
- ☐ 0.3 cup olives black pitted halved
- ☐ 3.5 tablespoons olive oil divided
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 large shallots peeled quartered

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Heat 2 tablespoons oil in a medium pot over low heat.
- ☐ Add garlic and anchovies; cook, stirring frequently to break up anchovies, until garlic is soft but not browned, 3–4 minutes.
- ☐ Add red pepper flakes; cook until fragrant, about 20 seconds.
- ☐ Add tomato purée, increase heat to medium, and cook, stirring occasionally, until sauce thickens, 15–20 minutes. Stir in olives; simmer for 5 minutes. Season with salt and pepper.
- ☐ Arrange racks in upper and lower thirds of oven; preheat to 425°F.
- ☐ Place a wire rack in a rimmed baking sheet. Toss 1 tablespoon oil, potatoes, shallots, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl to coat.
- ☐ Spread in a single layer on prepared rack. Roast on top oven rack for 18 minutes. Keep in oven.
- ☐ Place fish in an 8x8x2" glass baking dish.
- ☐ Drizzle with remaining 1/2 tablespoon oil and season with salt and pepper.
- ☐ Place on bottom oven rack and roast with potatoes until fish is just opaque in center, potatoes are golden brown and tender, and shallots are crispy, about 7 minutes longer.
- ☐ Place potatoes, shallots, and fish on a platter in an even layer. Spoon 1 1/2 cups puttanesca over (reserve remaining sauce for another use); garnish with caper berries and parsley.

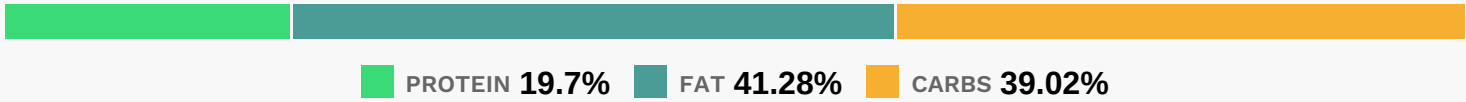
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Per serving: 326 calories, 14 g fat, 36 g carbohydrates

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:15.32, Inflammation Score:-7, Nutrition Score:21.800434879635%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 15.31mg, Kaempferol: 15.31mg, Kaempferol: 15.31mg, Kaempferol: 15.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 20.71mg, Quercetin: 20.71mg, Quercetin: 20.71mg, Quercetin: 20.71mg

Nutrients (% of daily need)

Calories: 315.42kcal (15.77%), Fat: 15g (23.08%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 26.23g (9.54%), Sugar: 6.73g (7.48%), Cholesterol: 30.18mg (10.06%), Sodium: 1063.36mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.21%), Vitamin C: 44.53mg (53.98%), Vitamin B6: 0.96mg (48.03%), Selenium: 28.67µg (40.96%), Vitamin B3: 7.03mg (35.13%), Potassium: 1183.97mg (33.83%), Vitamin K: 34.98µg (33.32%), Vitamin E: 3.97mg (26.5%), Phosphorus: 257.79mg (25.78%), Fiber: 5.68g (22.72%), Manganese: 0.45mg (22.55%), Iron: 3.62mg (20.12%), Magnesium: 71.41mg (17.85%), Copper: 0.36mg (17.83%), Vitamin D: 2.66µg (17.77%), Vitamin B1: 0.23mg (15.27%), Folate: 49.87µg (12.47%), Vitamin B2: 0.2mg (11.57%), Vitamin B12: 0.65µg (10.81%), Calcium: 106.44mg (10.64%), Vitamin A: 445.45IU (8.91%), Vitamin B5: 0.86mg (8.56%), Zinc: 1.02mg (6.81%)