



Rouget and Shrimp with Lemon Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 12 ounce rouget fillets red with skin
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 servings accompaniment: zucchini potato lemon-thyme mash
- ☐ 6 tablespoons olive oil plus additional if necessary
- ☐ 2 large shallots
- ☐ 1 pound shrimp (18 to 22)

- ☐ 0.3 cup butter unsalted
- ☐ 3 small zucchini green yellow assorted (preferably and ; each 4 inches long)

Equipment

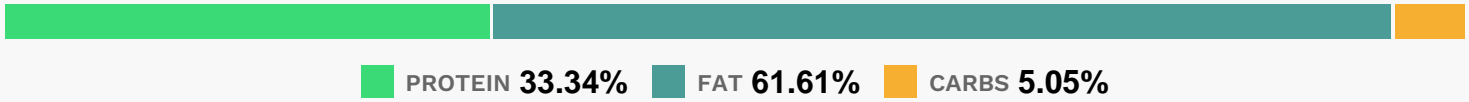
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Peel shrimp and, if desired, devein. With tweezers remove any bones from fish fillets.
- ☐ Preheat oven to 300°F.
- ☐ Finely chop shallots.
- ☐ Cut butter into tablespoons. In a small saucepan boil wine, broth, lemon juice, and shallots until liquid is reduced by about half.
- ☐ Whisk in 2 tablespoons oil and simmer until emulsified, about 2 minutes.
- ☐ Remove pan from heat and whisk in butter 1 piece at a time, adding each new piece before previous one is incorporated. Keep sauce warm, covered. (It should not get hot enough to separate.)
- ☐ Halve zucchini lengthwise and cut crosswise into 1/2-inch-thick pieces. In a small saucepan of boiling salted water cook zucchini until just tender, about 1 minute, and drain in a sieve. In a bowl toss zucchini with 1 tablespoon sauce and keep warm, covered.
- ☐ Pat fish fillets dry and season with salt and pepper. In a large nonstick skillet heat 2 tablespoons oil over moderately high heat until hot but not smoking and in batches sear fish, skin sides down, until golden brown, about 2 minutes. Turn fish over and cook until just cooked through, about 2 minutes more for rouget and about 4 minutes more for snapper. (
- ☐ Add more oil if necessary between batches.)
- ☐ Transfer fish as cooked to a shallow baking pan and keep warm, covered, in middle of oven.

- ☐
- Wipe skillet clean and heat 2 tablespoons oil over moderately high heat until hot but not smoking. Sauté shrimp, stirring occasionally, until golden brown and just cooked through, about 4 minutes.
- ☐
- Mound mash in center of each of 6 plates and top with fish. Arrange shrimp and zucchini evenly around mash and drizzle sauce over all.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:14.052173873653%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 341.22kcal (17.06%), Fat: 23.13g (35.58%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.53g (2.81%), Cholesterol: 163.81mg (54.6%), Sodium: 279.24mg (12.14%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 28.16g (56.32%), Vitamin D: 5.93µg (39.5%), Selenium: 22.14µg (31.63%), Phosphorus: 308.56mg (30.86%), Vitamin B12: 1.72µg (28.75%), Vitamin E: 2.88mg (19.18%), Vitamin C: 15.67mg (18.99%), Potassium: 645.64mg (18.45%), Copper: 0.36mg (18.21%), Vitamin B6: 0.36mg (18.14%), Magnesium: 60.45mg (15.11%), Vitamin K: 11.79µg (11.23%), Manganese: 0.21mg (10.45%), Zinc: 1.51mg (10.05%), Vitamin A: 463.39IU (9.27%), Calcium: 88.28mg (8.83%), Iron: 1.13mg (6.26%), Vitamin B5: 0.6mg (5.99%), Vitamin B2: 0.09mg (5.42%), Folate: 21.66µg (5.42%), Vitamin B1: 0.07mg (4.57%), Fiber: 1.01g (4.05%), Vitamin B3: 0.57mg (2.84%)