



Sauteed Striped Bass with Mint Pesto and Spiced Carrots



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces carrots peeled thinly sliced into rounds
- ☐ 4 servings coarse kosher salt
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh packed ()

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup low-salt chicken broth
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup natural pistachios unsalted shelled lightly toasted
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 24 ounce striped bass fillets skinless with or)

Equipment

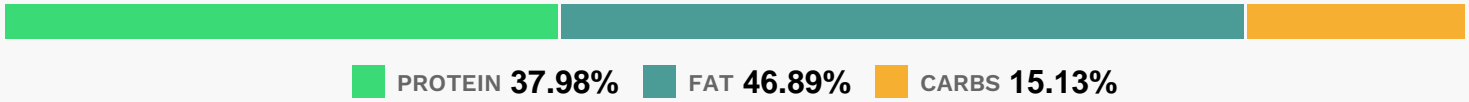
- ☐ bowl
- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Blend mint leaves, pistachios, olive oil, and garlic in processor until coarse puree forms. Season with coarse salt. DO AHEAD Can be made 1 day ahead. Cover and chill. Bring pesto to room temperature and stir before using.
- ☐ Combine olive oil, mint, and thyme in small bowl.
- ☐ Spread herb mixture all over both sides of fish fillets. Cover and refrigerate fish at least 3 hours and up to 5 hours.
- ☐ Stir all seeds in small dry skillet over medium heat until fragrant, about 2 minutes.
- ☐ Transfer seeds to spice mill or mortar and grind coarsely.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add carrots, crushed red pepper, and ground seeds; sauté until carrots begin to brown in spots, about 5 minutes.
- ☐ Add broth and lemon juice and bring to boil. Reduce heat to medium-low, cover, and simmer until carrots are tender, about 6 minutes. Season to taste with salt and pepper. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.

- ☐
- Sprinkle fish with salt and pepper.
- ☐
- Heat 1 tablespoon oil in each of 2 large nonstick skillets over medium-high heat.
- ☐
- Add fish and cook until browned on both sides and just opaque in center, about 5 minutes total.
- ☐
- Rewarm carrots just until heated through. Divide carrots and any juices among 4 plates. Top each serving with 1 fish fillet. Spoon pesto over and serve.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:27.856521440589%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 357.13kcal (17.86%), Fat: 18.77g (28.87%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 9.48g (3.45%), Sugar: 5g (5.55%), Cholesterol: 136.08mg (45.36%), Sodium: 391.62mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.39%), Vitamin A: 14724.81IU (294.5%), Vitamin B12: 6.56µg (109.28%), Selenium: 62.92µg (89.88%), Phosphorus: 433.38mg (43.34%), Vitamin B6: 0.8mg (39.76%), Vitamin B3: 5.49mg (27.47%), Potassium: 905.86mg (25.88%), Magnesium: 98.85mg (24.71%), Vitamin B1: 0.31mg (20.39%), Manganese: 0.38mg (18.84%), Vitamin C: 14.65mg (17.76%), Iron: 3.03mg (16.84%), Vitamin K: 17.64µg (16.8%), Fiber: 4.14g (16.58%), Vitamin B5: 1.59mg (15.93%), Vitamin E: 2.3mg (15.33%), Copper: 0.26mg (13.02%), Folate: 44.55µg (11.14%), Calcium: 93.56mg (9.36%), Vitamin B2: 0.16mg (9.31%), Zinc: 1.25mg (8.36%)