



HEALTH SCORE

95%

Seafood en Brodo with Tarragon Pesto



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons peppercorns black
- ☐ 8 slices bread country-style toasted
- ☐ 8 ounces carrots chopped
- ☐ 3.5 pounds cockles scrubbed
- ☐ 1 cup mirin dry
- ☐ 4 fennel bulb chopped
- ☐ 4 pounds fish fillet

- ☐ 32 ounce fish fillet firm (such as halibut, snapper, or cod)
- ☐ 8 parsley fresh
- ☐ 1 cup parsley fresh
- ☐ 0.5 cup tarragon fresh
- ☐ 1 garlic clove chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 8 servings pepper freshly ground
- ☐ 2 leek white halved lengthwise thinly sliced
- ☐ 4 lemon zest with a vegetable peeler
- ☐ 8 servings olive oil (for drizzling)
- ☐ 4 medium onion chopped
- ☐ 1 teaspoon saffron threads

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Divide bones, onions, fennel, carrots, and 1/4 cup oil between 2 rimmed baking sheets; season with salt and pepper and toss to coat. Roast, tossing halfway through, until vegetables are softened and browned, 60–75 minutes.

- ☐ Heat saffron and remaining 1/4 cup oil in a large pot over medium-high heat, stirring, until fragrant, about 2 minutes.
- ☐ Add leeks and garlic; season with salt and pepper and cook, stirring often, until golden, 8–10 minutes.
- ☐ Add vermouth; bring to a boil, reduce heat, and simmer, stirring occasionally, until slightly reduced, about 3 minutes.
- ☐ Add roasted bones and vegetables, parsley stems, lemon zest, bay leaves, peppercorns, and 10 cups water to pot. Bring to a boil, reduce heat, and simmer gently, skimming as needed, until reduced by half, about 1 hour. Strain through a sieve into a clean pot; discard solids. Season with salt.
- ☐ Pulse garlic, parsley, and tarragon in a food processor until very finely chopped. With motor running, slowly add oil, and process until smooth; season with salt and pepper.
- ☐ Return broth to a simmer; add shellfish, cover pot, and cook until shellfish open (discard any that do not open), about 5 minutes.
- ☐ Transfer shellfish to a large bowl and add a ladleful of broth; tent with foil. Season fish with salt and pepper; add to broth in pot. Cover; cook fish gently until opaque throughout, about 4 minutes.
- ☐ Divide fish and shellfish among shallow bowls and ladle broth over.
- ☐ Drizzle stew with oil, top with pesto, and serve with toast.
- ☐ DO AHEAD: Brodo can be made 3 days ahead. Cover and chill. Pesto can be made 1 day ahead. Press plastic wrap directly on surface and chill.

Nutrition Facts



PROTEIN 47.11% **FAT 29.47%** **CARBS 23.42%**

Properties

Glycemic Index:67.19, Glycemic Load:13.64, Inflammation Score:-10, Nutrition Score:51.516956204953%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 18.33mg, Apigenin: 18.33mg, Apigenin: 18.33mg, Apigenin: 18.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 677.84kcal (33.89%), Fat: 22.04g (33.91%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 31.35g (11.4%), Sugar: 10.97g (12.19%), Cholesterol: 170.1mg (56.7%), Sodium: 404.17mg (17.57%), Alcohol: 2.85g (100%), Alcohol %: 0.53% (100%), Protein: 79.27g (158.54%), Vitamin K: 243.85µg (232.24%), Selenium: 152.11µg (217.29%), Vitamin A: 6125.18IU (122.5%), Vitamin B12: 5.38µg (89.58%), Vitamin B3: 17.41mg (87.06%), Phosphorus: 726.7mg (72.67%), Vitamin D: 10.55µg (70.31%), Manganese: 1.36mg (67.96%), Iron: 11.08mg (61.54%), Potassium: 1934.42mg (55.27%), Vitamin C: 39.88mg (48.34%), Folate: 189.47µg (47.37%), Vitamin B6: 0.91mg (45.55%), Magnesium: 156.7mg (39.17%), Fiber: 8.06g (32.24%), Vitamin E: 4.6mg (30.64%), Vitamin B2: 0.48mg (28.09%), Copper: 0.49mg (24.67%), Vitamin B5: 2.41mg (24.06%), Vitamin B1: 0.35mg (23.25%), Calcium: 231.54mg (23.15%), Zinc: 2.1mg (13.97%)