



Slow-Roasted Halibut with Shaved Asparagus and Fennel Salad

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus spears trimmed (1 bunch)
- ☐ 2.5 cups breadcrumbs made from bread fresh french crustless
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons capers drained chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup fennel bulb shaved with v-slicer) thinly sliced
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 36 ounce pacific halibut filets

- ☐ 4.5 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons parmesan cheese finely grated
- ☐ 2 tablespoons parsley fresh italian finely chopped

Equipment

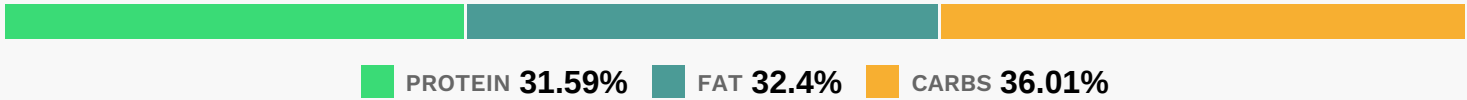
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ peeler

Directions

- ☐ Whisk lemon juice and mustard in small bowl. Gradually whisk in oil, then add capers. Season dressing to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature and rewhisk before using.
- ☐ Place 1 asparagus spear flat on work surface. Using vegetable peeler, shave asparagus into long thin strips.
- ☐ Place asparagus strips in medium bowl with shaved fennel. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Coat rimmed baking sheet with nonstick spray.
- ☐ Mix breadcrumbs, cheese, herbs, and lemon peel in another medium bowl.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle melted butter over. Using fork, toss to incorporate evenly.
- ☐ Place halibut fillets on prepared baking sheet, spacing apart.
- ☐ Sprinkle with salt and pepper. Divide breadcrumbs among fillets to cover top (about 1/3 cup each), pressing to adhere. DO AHEAD: Can be made 1 hour ahead. Cover and chill.
- ☐ Preheat oven to 300°F.

- ☐ Bake halibut until opaque in center, about 20 minutes. Turn on broiler. Broil halibut just until breadcrumbs start to brown, about 1 minute.
- ☐ Place 1 halibut fillet on each of 6 plates.
- ☐ Pour dressing over asparagus and fennel mixture; toss to coat. Season salad to taste with salt and pepper. Divide salad among plates and serve.
- ☐ Per serving: 511.5 kcal calories,
- ☐ 3 % calories from fat, 20.1 g fat,
- ☐ 4 g saturated fat,
- ☐ 6 mg cholesterol,
- ☐ 1 g carbohydrates,
- ☐ 3 g total sugars,
- ☐ 0 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:57.44, Glycemic Load:25.7, Inflammation Score:-9, Nutrition Score:36.176087047743%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg

Nutrients (% of daily need)

Calories: 566.01kcal (28.3%), Fat: 20.34g (31.29%), Saturated Fat: 6.19g (38.66%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 45.03g (16.37%), Sugar: 7.19g (7.98%), Cholesterol: 100.57mg (33.52%), Sodium: 778.01mg (33.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.62g (89.24%), Selenium: 109.15µg (155.92%), Vitamin B3: 17.27mg (86.33%), Manganese: 1.33mg (66.72%), Phosphorus: 584.59mg (58.46%), Vitamin K: 60.28µg

(57.41%), Vitamin B6: 1.11mg (55.46%), Vitamin D: 8.01µg (53.38%), Vitamin B1: 0.58mg (38.75%), Folate: 140.18µg (35.05%), Vitamin B12: 1.92µg (31.95%), Iron: 5.52mg (30.66%), Potassium: 1054.05mg (30.12%), Vitamin B2: 0.41mg (23.88%), Magnesium: 94.66mg (23.67%), Fiber: 5.84g (23.36%), Vitamin E: 3.14mg (20.94%), Calcium: 186.46mg (18.65%), Vitamin A: 924.61IU (18.49%), Vitamin B5: 1.61mg (16.05%), Copper: 0.32mg (15.97%), Zinc: 2.14mg (14.24%), Vitamin C: 10.32mg (12.51%)