



Striped Bass and Preserved Lemon Dressing with Grilled Carrots

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



4234 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 to 8 baby carrots
- 0.3 teaspoon pepper black
- 0.5 teaspoons pepper black freshly ground
- 0.3 cup canola oil
- 1 serving optional: dill fresh for garnish
- 2 cloves garlic chopped
- 1 pint mayonnaise

- 1 serving drizzle olive oil
- 1 simple preserved lemons homemade store-bought cut in quarters (see note)
- 0.5 cup rice wine vinegar
- 1 serving branch rosemary fresh
- 8 ounce filet of bass
- 0.5 teaspoon sea salt
- 0.8 teaspoon sea salt
- 1 shallots chopped
- 1 Sprig thyme leaves fresh
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- blender
- stove

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees. Season the skin side of the filet with the salt and pepper.
- Heat the oil in an oven-proof saute pan to medium high. When the oil is hot, add the fish, skin side down, and saute for one minute until a slight crust forms and the filet isn't sticking to the pan.
- Place the saute pan in the hot oven for 6 to 8 minutes until the flesh is firm and cooked through.
- Remove the saute pan from the oven and place it on the stove over medium-high heat.

- Add the butter, garlic, shallot, rosemary and thyme and baste the fish with the sauce.
- Remove the filet to a paper towel.
- Place a dollop of Preserved Lemon Dressing on a plate and place 3 to 4 Grilled Carrots on top of the dressing. Arrange the filet to the side of the carrots and garnish with the dill.
- Place the ingredients in a blender and blitz until the sauce is smooth and creamy. Cook's Note: To make homemade preserved lemons, submerge 6 Meyer lemons, quartered, in a quart of salt and a quart of sugar and water for 30 days.
- Peel the baby carrots and place them in a bowl.
- Add the salt, pepper and olive oil and toss together. Arrange the carrots on a baking sheet set over a sheet pan and broil them under a pre-heated salamander on high for 4 minutes, turning it down to low for a further 4 minutes. They are done when they are fork tender with a slight bite and have a nice roasted color.

Nutrition Facts

■ **PROTEIN 4.41%**
■ **FAT 94.13%**
■ **CARBS 1.46%**

Properties

Glycemic Index:284, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:39.075217371402%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 4234.08kcal (211.7%), Fat: 440.84g (678.21%), Saturated Fat: 69.83g (436.47%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 11.98g (4.35%), Sugar: 7.68g (8.54%), Cholesterol: 410.27mg (136.76%), Sodium: 6123.91mg (266.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.52g (93.04%), Vitamin K: 829.01µg (789.53%), Vitamin E: 27.69mg (184.61%), Vitamin A: 9229.75IU (184.6%), Vitamin B12: 9.26µg (154.25%), Selenium: 96.21µg (137.45%), Phosphorus: 602.02mg (60.2%), Vitamin B6: 0.95mg (47.69%), Manganese: 0.63mg (31.43%), Vitamin B5: 2.91mg (29.13%), Magnesium: 114.96mg (28.74%), Potassium: 965.09mg (27.57%), Vitamin B3: 5.24mg (26.2%), Iron: 4.37mg (24.29%), Vitamin B1: 0.32mg (21.49%), Folate: 71.32µg (17.83%), Copper: 0.3mg (15.05%), Calcium: 138.21mg (13.82%), Fiber: 3.38g (13.5%), Zinc: 1.97mg (13.12%), Vitamin B2: 0.21mg (12.07%), Vitamin C: 7.34mg (8.89%), Vitamin D: 1.16µg (7.71%)