



Striped Bass with Lime Broth



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon cracked cardamom pods
- ☐ 4 sprigs cilantro leaves separated
- ☐ 2 tablespoons coriander seeds
- ☐ 1 tablespoon fish sauce
- ☐ 1 grapefruit
- ☐ 4 servings kosher salt
- ☐ 1 lime

- ☐ 0.3 cup juice of lime fresh ()
- ☐ 2 lime zest finely grated
- ☐ 1 leaves mint and basil olive oil fresh extra-virgin for serving (such as Maldon;)
- ☐ 24 ounce bass fillets black halved
- ☐ 1 teaspoon thai curry paste green
- ☐ 2 tablespoons vegetable oil

Equipment

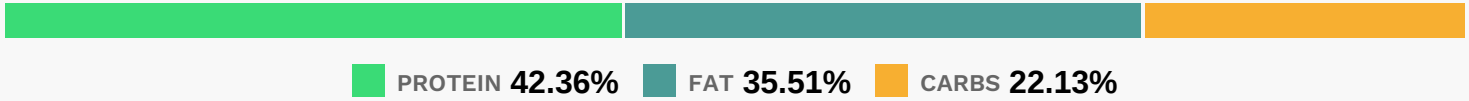
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Toast coriander, cardamom, and curry paste in a medium saucepan over medium heat, stirring, until spices are fragrant and curry paste begins to caramelize, about 2 minutes.
- ☐ Add cilantro stems, kaffir lime leaves, fish sauce, and 1 cup water. Bring to a boil, reduce heat, and simmer gently until flavors meld, 8-10 minutes.
- ☐ Strain broth through a fine-mesh sieve into a large heatproof measuring cup; discard solids.
- ☐ Let cool, then stir in lime juice; season with kosher salt and more lime juice, if desired.
- ☐ Meanwhile, using a sharp knife, cut all peel and white pith from grapefruit; discard. Working over a small bowl, cut between membranes to release segments into bowl; discard membranes. Repeat with lime.
- ☐ Heat vegetable oil in a large cast-iron or other heavy skillet over medium-high heat. Season fish with salt and pepper. Cook fillets, skin side down, 1 minute, then firmly press down with a fish spatula to ensure even browning and crispiness. Continue cooking until skin is golden brown and fish is mostly cooked through, about 4 minutes; carefully turn fish and sauté until just cooked through, about 1 minute longer.

- ☐ Divide lime broth and fish among shallow bowls. Scatter citrus segments, cilantro leaves, and mint and basil over; drizzle with olive oil and season with sea salt.
- ☐ DO AHEAD: Broth can be made 1 day ahead (do not add lime juice). Cover and chill. Bring to room temperature and add lime juice just before serving.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:23.933478459068%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 23.64mg, Hesperetin: 23.64mg, Hesperetin: 23.64mg, Hesperetin: 23.64mg Naringenin: 22.67mg, Naringenin: 22.67mg, Naringenin: 22.67mg, Naringenin: 22.67mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 290.2kcal (14.51%), Fat: 11.87g (18.26%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 12.53g (4.56%), Sugar: 5.87g (6.52%), Cholesterol: 136.08mg (45.36%), Sodium: 668.03mg (29.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Vitamin B12: 6.52µg (108.66%), Selenium: 63.46µg (90.66%), Vitamin C: 42.21mg (51.16%), Phosphorus: 374.62mg (37.46%), Vitamin B6: 0.6mg (29.92%), Manganese: 0.55mg (27.4%), Vitamin A: 1272.21IU (25.44%), Magnesium: 98.74mg (24.69%), Vitamin B3: 4.03mg (20.16%), Vitamin K: 20.13µg (19.17%), Potassium: 671.07mg (19.17%), Fiber: 4.11g (16.45%), Vitamin B5: 1.6mg (15.97%), Vitamin B1: 0.23mg (15.25%), Iron: 2.54mg (14.1%), Calcium: 88.21mg (8.82%), Folate: 33.36µg (8.34%), Copper: 0.15mg (7.51%), Zinc: 1.05mg (6.99%), Vitamin E: 0.89mg (5.91%), Vitamin B2: 0.1mg (5.9%)