



Striped Bass with Pipian Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby spinach
- 2 tablespoons bay leaves chopped
- 4 tablespoons butter cut into 4 pieces ()
- 8 large corn husks
- 8 corn tortillas
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup cup heavy whipping cream
- 1 cup chicken broth

- 2 cups monterrey jack cheese packed grated (lightly)
- 1 large poblano pepper fresh peeled seeded chopped
- 1 cup pumpkin seeds lightly toasted
- 16 ounces bass fillets
- 4 tablespoons vegetable oil divided

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- sieve
- blender
- roasting pan
- aluminum foil

Directions

- Combine poblano chile, pumpkin seeds, broth, cilantro, and hierba santa in blender; puree until smooth.
- DO AHEAD Can be made up to 6 hours ahead. Cover and refrigerate.
- Soak corn husks in warm water until flexible, at least 1 hour.
- Drain; pat dry.
- Preheat oven to 350°F.
- Heat 3 tablespoons oil in large skillet over medium heat until hot. Working in batches, fry corn tortillas until light golden but still soft and pliable, about 30 seconds per side for each.
- Transfer to paper towels; cool.
- Heat remaining 1 tablespoon oil in clean large skillet over medium-high heat. Working in batches, cook spinach until just wilted. Lightly season with salt and pepper.
- Transfer spinach to sieve. Using back of spoon, press on spinach to remove excess liquid.

- Place tortillas on work surface. Divide spinach and cheese among tortillas.
- Roll up tortillas, enclosing filling.
- Place 2 corn husks in roasting pan, overlapping slightly to form base for fish. Arrange 2 filled tortillas lengthwise and seam side down on corn husks.
- Place 1 fish fillet over tortillas; sprinkle with salt and pepper. Overlap remaining corn husks in same pan, using 2 for each base; top with filled tortillas and fish; sprinkle with salt and pepper.
- Place 1 tablespoon butter atop each fillet. Cover pan with foil and bake until fish is just cooked through, about 20 minutes.
- Meanwhile, transfer sauce to small saucepan. Bring to near boil, then reduce heat and simmer 5 minutes.
- Add cream; season to taste with salt and pepper. Adjust consistency, adding water by tablespoons to thin, if desired.
- Transfer 1 corn-husk base with fish and tortillas to each of 4 plates. Spoon warm sauce over fish.
- Serve, passing remaining sauce separately.
- *A fresh green chile, often called a pasilla, available at some supermarkets, Latin markets, and specialty foods stores.
- **An herb from Mexico available at Latin markets.
- ***Available at many supermarkets and at Latin markets.

Nutrition Facts

PROTEIN 21.48%

FAT 63.82%

CARBS 14.7%

Properties

Glycemic Index:52.88, Glycemic Load:10.62, Inflammation Score:-10, Nutrition Score:45.263478299846%

Flavonoids

Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 828.76kcal (41.44%), Fat: 60.15g (92.54%), Saturated Fat: 25.87g (161.67%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 24.7g (8.98%), Sugar: 2.71g (3.02%), Cholesterol: 187.91mg (62.64%), Sodium: 600.21mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.54g (91.08%), Vitamin K: 309.04µg (294.32%), Vitamin A: 6706.37IU (134.13%), Phosphorus: 903.23mg (90.32%), Vitamin B12: 4.91µg (81.79%), Selenium: 55.45µg (79.21%), Manganese: 1.56mg (78.22%), Magnesium: 245.04mg (61.26%), Vitamin C: 50.02mg (60.64%), Calcium: 572.76mg (57.28%), Vitamin B6: 0.75mg (37.72%), Folate: 149.79µg (37.45%), Iron: 5.68mg (31.54%), Zinc: 4.58mg (30.55%), Potassium: 1029.09mg (29.4%), Vitamin B2: 0.49mg (28.68%), Vitamin B3: 5.47mg (27.37%), Fiber: 6.47g (25.89%), Copper: 0.49mg (24.35%), Vitamin E: 3.54mg (23.62%), Vitamin B1: 0.29mg (19.1%), Vitamin B5: 1.28mg (12.82%), Vitamin D: 0.58µg (3.85%)