



Striped Bass with Saffron Vegetables and Spiced Broccoli Rabe

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings flour (for dredging)
- ☐ 4 fillet anchovy rinsed
- ☐ 0.5 teaspoon aniseed
- ☐ 1 bunch broccoli rabe (rapini; 1 pound)
- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 2 tablespoons capers drained
- ☐ 1 large head cauliflower cut into small florets
- ☐ 1.5 cups chicken broth

- ☐ 1.5 teaspoons fennel seeds
- ☐ 0.5 teaspoon thyme sprigs fresh minced
- ☐ 3 garlic clove unpeeled
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup olive green pitted coarsely chopped
- ☐ 1.5 cups radishes sliced
- ☐ 2 tablespoons raisins
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon saffron threads (scant)
- ☐ 36 ounce bass fillets with skin
- ☐ 1.5 teaspoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon peppercorns cracked whole white
- ☐ 2 medium to 3 sized squashes yellow cut into 1/2-inch cubes

Equipment

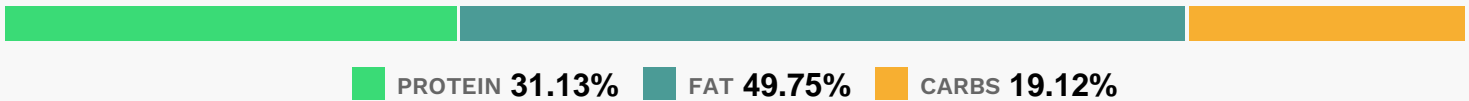
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Finely grind first 5 ingredients in spice grinder.
- ☐ Transfer to small bowl.
- ☐ Add butter and tomato paste; stir to blend. Season with salt and pepper. Do ahead Can be made 2 days ahead. Cover and chill.
- ☐ Preheat oven to 350°F.

- ☐ Place garlic in small ovenproof dish.
- ☐ Drizzle with 1 teaspoon oil, cover tightly with foil, and roast until tender, about 30 minutes. Cool; peel.
- ☐ Place roasted garlic, remaining 2 tablespoons oil, olives, capers, raisins, anchovies, and crushed red pepper in mortar. Mash with pestle until coarse puree forms. (Alternatively, process in mini processor until coarse puree forms.) Do ahead Spiced puree can be made 1 day ahead.
- ☐ Transfer to small bowl and chill.
- ☐ Cook broccoli rabe in large saucepan of boiling salted water until stems are crisp-tender, about 5 minutes.
- ☐ Drain, pressing on broccoli rabe to release excess water.
- ☐ Transfer to medium bowl.
- ☐ Add spiced puree and toss to coat. Do ahead Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Bring broth to boil in heavy large saucepan.
- ☐ Add cauliflower, squash, and radishes.
- ☐ Sprinkle with salt and pepper. Cover and simmer 3 minutes. Uncover, add 6 tablespoons saffron butter, and simmer until vegetables are tender and broth thickens slightly, stirring frequently, about 4 minutes.
- ☐ Meanwhile, sprinkle fish with salt and pepper, then dredge in flour.
- ☐ Heat 1 tablespoon oil in each of 2 large skillets over medium-high heat.
- ☐ Place 3 fillets, skin side down, in each skillet and cook until brown, about 3 minutes per side.
- ☐ Divide vegetables and broth among 6 shallow soup bowls. Top each with fish fillet, skin side up. Top with spiced broccoli rabe and serve.

Nutrition Facts



Properties

Glycemic Index:84.47, Glycemic Load:8.49, Inflammation Score:-9, Nutrition Score:38.733043504798%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 4.27mg, Kaempferol: 4.27mg, Kaempferol: 4.27mg, Kaempferol: 4.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 470.48kcal (23.52%), Fat: 26.62g (40.95%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 16.68g (6.07%), Sugar: 5.33g (5.92%), Cholesterol: 179.52mg (59.84%), Sodium: 705.28mg (30.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.94%), Vitamin K: 119.61µg (113.91%), Vitamin C: 92.17mg (111.72%), Vitamin B12: 6.56µg (109.3%), Selenium: 68.01µg (97.15%), Vitamin B6: 1.04mg (52.23%), Phosphorus: 488.51mg (48.85%), Folate: 168.44µg (42.11%), Vitamin A: 1855.99IU (37.12%), Potassium: 1281.39mg (36.61%), Manganese: 0.71mg (35.59%), Vitamin B3: 6.29mg (31.44%), Magnesium: 122.15mg (30.54%), Vitamin B1: 0.42mg (28.26%), Vitamin B5: 2.57mg (25.75%), Fiber: 6.32g (25.27%), Vitamin B2: 0.39mg (23.23%), Iron: 4.18mg (23.21%), Calcium: 144.01mg (14.4%), Vitamin E: 2.12mg (14.11%), Copper: 0.25mg (12.56%), Zinc: 1.86mg (12.43%)