



Wild Wahoo Gourmet Sandwiches with Rum Pear Spinach Salad

 Vegetarian

READY IN



50 min.

SERVINGS



3

CALORIES



1336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 0.5 cup balsamic vinegar
- 1 teaspoon cayenne
- 1 loaf ciabatta bread
- 2 tablespoons brown sugar dark
- 1 clove garlic minced
- 6 ounces goat cheese fresh divided (recommended: Chevre)

- 1 teaspoon juice of lemon fresh
- 2 tablespoons juice of lemon
- 3 tablespoons juice of lemon fresh
- 2 tablespoons mayonnaise low-fat
- 2 tablespoons cup heavy whipping cream sour low-fat
- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil extra-virgin
- 1 pears cored halved
- 1 bell pepper whole red
- 0.5 onion red
- 1 cup rum (recommended: Bacardi)
- 1 pinch salt and pepper black freshly ground
- 3 servings salt and pepper black freshly ground
- 2 cups pkt spinach fresh
- 1 tablespoon butter unsalted
- 0.5 cup walnuts
- 2 fillet wahoo cut in 1/2
- 2 fillet wahoo cut in 1/2

Equipment

- bowl
- frying pan
- whisk
- baking pan
- grill

Directions

- Add the wahoo fillets, red bell pepper and red onion to a baking dish.

- Pour in the 1/4 cup of olive, 2 tablespoons of lemon juice and season with salt and pepper, to taste. Toss to coat. In separate dish, put the halved pears, flesh side down, and add 1 cup of rum and pinch of salt and pepper.
- Let both mixtures marinate for 10 minutes.
- Add the red pepper to the grill, periodically turning every 5 minutes or until each side is lightly charred.
- Add the pears to the grill, flesh side down. Grill until the flesh is slightly charred, about 12 minutes.
- Add the red onion and wahoo to the grill, flipping after 3 minutes.
- Slice the ciabatta bread into sandwich-size pieces and add to grill to lightly toast.
- Mix together the mayonnaise, sour cream, minced garlic, lemon juice and cayenne pepper in a small bowl. Season with salt and pepper and set aside.
- In a cast iron pan, add the butter, walnuts, brown sugar and pinch of salt and pepper.
- Mix to coat and let sit on the grill in indirect heat.
- In a small bowl, whisk together the olive oil, balsamic vinegar, lemon juice and salt and pepper, to taste.
- Once the fish is cooked, pull all ingredients off the grill to a platter. Slice the bell pepper and remove the seeds and ribs.
- Add the spinach to a medium bowl.
- Slice the pears and add them to the spinach. Top with candied walnuts, 3 ounces of the goat cheese and salt and pepper, to taste.
- Drizzle with half of the balsamic vinegar dressing.
- Spread the remaining goat cheese on 1 side of toasted ciabatta slices and cayenne aioli on other half. Assemble the sandwiches with sliced roasted bell pepper, red onion, avocado and wahoo. Finish with just a drizzle of balsamic vinegar dressing and serve with the spinach salad.

Nutrition Facts



PROTEIN 10.11% **FAT 51.94%** **CARBS 37.95%**

Properties

Glycemic Index:126.25, Glycemic Load:8.16, Inflammation Score:-10, Nutrition Score:33.140869783319%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 3.86mg, Hesperetin: 3.86mg, Hesperetin: 3.86mg, Hesperetin: 3.86mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 1335.71kcal (66.79%), Fat: 67.96g (104.55%), Saturated Fat: 18.3g (114.39%), Carbohydrates: 111.74g (37.25%), Net Carbohydrates: 100.55g (36.56%), Sugar: 24.99g (27.76%), Cholesterol: 40.41mg (13.47%), Sodium: 1065.77mg (46.34%), Alcohol: 26.72g (100%), Alcohol %: 5.09% (100%), Protein: 29.76g (59.52%), Vitamin K: 138.16µg (131.59%), Vitamin C: 78.47mg (95.11%), Vitamin A: 4249.2IU (84.98%), Manganese: 1.22mg (60.99%), Copper: 0.99mg (49.39%), Vitamin E: 6.94mg (46.26%), Fiber: 11.19g (44.74%), Folate: 152.43µg (38.11%), Vitamin B6: 0.66mg (32.98%), Phosphorus: 305.63mg (30.56%), Vitamin B2: 0.45mg (26.44%), Potassium: 844.32mg (24.12%), Magnesium: 95.85mg (23.96%), Iron: 3.53mg (19.61%), Calcium: 174.98mg (17.5%), Vitamin B5: 1.68mg (16.82%), Vitamin B1: 0.22mg (14.89%), Zinc: 2.01mg (13.41%), Vitamin B3: 2.4mg (11.98%), Selenium: 4.07µg (5.81%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.31µg (2.09%)