

Pompano with Spicy Noodles

RECIPE COURTESY OF CHEF JOHN REASON

INGREDIENTS

- 1 Louisiana Pompano filet
- 8 oz dry pasta noodles
- 2 shallots, chopped
- 3 cloves of garlic, minced
- 1 Tbsp ginger, minced
- 3 Tbsp chili garlic sauce
- 1 Tbsp toasted sesame seed oil
- ½ tsp red pepper flakes
- ¼ c blackening seasoning
- 2 Tbsp Butter
- 3 oz avocado oil
- ½ c salted peanuts, crushed (optional)

DIRECTIONS

1. Cook pasta until al dente “firm”.
2. Meanwhile, prep fish by scoring skin side with 4 cuts to make a diamond or criss-cross.
3. Season fish on both sides with blackening season, ensuring to get seasoning within the score marks.
4. Heat oil in a skillet with butter. Place the fish skin side down. Cook 3-4 minutes until the skin is crisp and flip over. Cook fish for another 3-4 minutes on medium-high heat. Remove fish from heat and set aside to rest.
5. Remove noodles from water, reserving the pasta water. Place noodles in a skillet and add remaining ingredients. Toss noodles, adding a little pasta water to help bind and make a good paste/sauce. Cook for another 3-4 minutes.
6. Plate noodles with pompano filet and serve.



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HEALTHY SWAPS

- **Lower Fat:** Substitute ½ c chicken broth for butter and avocado oil when mixing final ingredients tossing with noodles. Omit peanuts. 820 calories. 25g fat (1g saturated fat, 0mg cholesterol.) 1,354mg sodium. 98g carbohydrates (6g fiber, 7g sugar.) 49g protein.
- **Lower carbohydrate:** Substitute zoodles or cauliflower rice for pasta. Omit peanuts. 897 calories. 76g fat (13g saturated fat, 31mg cholesterol.) 1,257mg sodium. 20g carbohydrates (4g fiber, 10g sugar.) 37g protein.
- **Lower sodium:** Substitute a salt-free Cajun seasoning blend for blackening seasoning. Use unsalted peanuts. No change in macros, but reduces sodium by over half to 528mg.
- **Dairy-free:** Omit butter. 1392 calories. 84g fat (9g saturated fat, 0mg cholesterol.) 1,304mg sodium. 106g carbohydrates (9g fiber, 8g sugar.) 58g protein.
- **Gluten-free:** Substitute zoodles for pasta. 1,111 calories. 94g fat(16g saturated fat, 31mg cholesterol.) 1,407mg sodium. 28g carbohydrates (7g fiber, 11g sugar.) 46g protein.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings per container		Total Fat 95g	122%	Total Carbohydrate 106g	39%
Serving size		Saturated Fat 16g	80%	Dietary Fiber 8g	29%
2 cups		Trans Fat 0g		Total Sugars 9g	
Calories		Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
per serving		Sodium 1400mg	61%	Protein 56g	112%
		Vitamin D 0mcg	0%	6%	• Iron 5mg
		Potassium 732mg	15%		30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.