



Roasted New England White Fish with Potatoes, Chourico, White Wine Herb Broth

Ingredients

• 4oz boneless skinless locally caught white fish (cod, haddock, tautog)	195 Calories
• 1 small Yukon gold potato diced and boiled until fork tender	100 Calories
• 1 small white onion peeled and diced	29 Calories
• 1 clove of garlic, minced fine	4 Calories
• 2 ounces of chourico, peeled off skin and minced	258 Calories
• 2 sprigs of flat leaf parsley finely chopped	1 Calorie
• 2 ounces of white wine	47 Calories
• 1 teaspoon Portuguese olive oil for cooking	40 Calories
• ¼ teaspoon of Portuguese red pepper sauce	1 Calorie
• 1 tablespoon unsalted butter	102 Calories
• Kosher salt & black pepper to season	
	777 Calories Total for entire meal

Instructions

- Boil water and cook diced potato until fork tender, set aside.
- Heat a large skillet with olive oil over medium high heat.
- Season fish both sides with salt, and place into pan.
- Cook presentation side of fish to golden brown about 2-2.5 minutes. Flip over, sear 1 minute, and set aside.
- Add chourico to skillet, render until slightly crispy, and add onions, garlic, and cook until onions are translucent.
- Deglaze with white wine, add in potatoes, cooked until tender, then simmer for a few minutes.
- Finish with chopped parsley, butter, and season with salt and pepper to taste
- Add fish back to pan just to cook through to reheat
- Pour broth, potatoes, chourico, onions, evenly into a pasta bowl. Place cooked fish in the center.
- Garnish with fresh parsley, and serve with a side of grilled bread for extra.

ENJOY!

**This dish was created and prepared by Chef Jonathan Cambra
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Fun Facts:

- **Fish is full of omega-3 fatty acids, which is a good type of fat and can benefit heart health**
- **Potatoes are a very good source of vitamin B6, which help build cells, help brain activity, and aid your nervous system activity.**
- **Potatoes are also a good source of potassium, copper, vitamin C, manganese, phosphorus, and dietary fiber!**
- **Black pepper increases the metabolism, and help fight free radicals**
- **The quercetin in onions may help prevent plaque buildup in the arteries, reducing heart attack and stroke**
- **The compound, allicin found in garlic, gives it distinct smell, and lowers bad cholesterol (LDL) while raising good cholesterol (HDL).**