ITALIAN · DINNER

Pesce all'Acqua Pazza: Italian Poached Fish

25 min · Serves 2 · 247 kcal a serve · Video 7:49 · America's Test Kitchen

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Fish poached in a light tomato-garlic broth with just 1 tbsp of oil: a serve gives about 32 g of protein and is rich in selenium and vitamin B12, and the skin's collagen gives the broth body without butter or cream.

Diet notes: Low carb (6 g net carbs) but not keto: 30% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.2 g, 4% of the energy).

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Ingredients 12 · SERVES 2

- [ ] 12 oz **skin-on haddock fillets** (or snapper or branzino)
- [ ] ½ tsp **salt** (¼ tsp to season the haddock, ¼ tsp in the pan), plus a pinch to finish
- [ ] ⅛ tsp **black pepper**, plus more to taste
- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 2 **garlic** cloves, sliced
- [ ] ⅛ tsp **red pepper flakes**
- [ ] ½ medium **onion**, diced
- [ ] 1 **bay leaf**
- [ ] 4 oz **grape or cherry tomatoes**
- [ ] ¾ cup **water**
- [ ] 2 tbsp **dry white wine**
- [ ] 6 **parsley stems** + 1½ tbsp chopped parsley leaves

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the haddock fillets with ¼ tsp salt and ⅛ tsp pepper. 0:55
2. Warm the olive oil, sliced garlic and pepper flakes in a large skillet over medium heat until sizzling. Add the onion, bay leaf and ¼ tsp salt and cook 2–3 minutes until the onion softens. 1:12
3. Add the tomatoes and cook 2–3 minutes more until they begin to soften. 2:40
4. Pour in the water and wine, add the parsley stems and half the chopped parsley, and bring to a boil. 2:58
5. Nestle the fillets skin-side down in the liquid, spoon some over the top, cover and simmer very gently 3–7 minutes until the fish reaches about 110°F. 3:31
6. Slide the pan off the heat and leave covered 5 minutes to finish cooking (135°F). Discard the stems and bay leaf, sprinkle with the rest of the parsley and serve in shallow bowls with the broth. 4:34

> **Tip** Any firm white fish works; keep the skin on for a silkier broth. Serve with crusty wholegrain bread for dunking, or a few boiled potatoes to soak up the liquid.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
247 kcal	**32** g	**7.7** g	**1.7** g	**8.2** g	**690** mg
1,030 kJ	65% of a day	6 g net · 3.2 g sugars	6% of a day	1.2 g saturated	30% of a day
		3% of a day		11% of a day	

Energy from net carbs 11% · protein 56% · fat 33% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 94% · Vitamin B12 62% · Vitamin K 50% · Vitamin B6 31% · Omega-3 21%

Source of (10–19%) Vitamin C 19% · Magnesium 17% · Vitamin E 17% · Potassium 12% · Zinc 10%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=OPNZBc30kW8, published 2 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pesce-acqua-pazza