

## Pan Seared Grouper with a Side of Spinach

*Chef Andrew Paladino*

*A Touch of Italy*

### Nutritional Facts

Serving Size: 1

Calories - 467

Protein - 32

Fat - 26

Sodium- 486

### Ingredients for Grouper:

Atlantic Grouper (4 oz)

2 oz white wine

2 oz seafood stock

½ tsp lemon

Salt & Pepper to taste

3 or 4 steamed asparagus

½ chopped tomato

1 tsp low fat butter

1 tbsp vegetable oil



### Ingredients for Spinach:

16 oz cup of fresh baby spinach

3 garlic cloves

2 tbsp olive oil

Crushed salt

Crushed red pepper

1 oz chicken stock

### Directions for Grouper:

Preheat oven to 450 degrees. Saute pan with vegetable oil and heat until hot temperature. Lightly dust grouper with flour and shake off excess. Pan sear grouper in pan on both sides for 1 minute each side. Add white wine, salt, pepper, seafood stock, lemon. Place in oven for about 10 minutes. Put back in pan and add asparagus, tomatoes and butter for about 2 minutes.

### Directions for Spinach:

Brown garlic in pan. Add spinach, salt and pepper. Add chicken stock and cover for 3 minutes to steam.