

ARCTIC CHAR FILLETS

Skin on, size approx 156g / 5.5oz

Handling Instructions:

For best results cook from frozen.

Cook until a minimum internal temperature of 70°C/158°F is reached.

To thaw; place in refrigerator overnight.

DO NOT THAW in warm water or at room temperature.

Arctic Char with Scallions, Chives, and Mayo – serves 1

Ingredients:

2 tablespoons mayonnaise

2 tablespoons chopped scallions

1 tablespoon chopped chives

1 arctic char fillet, 5-6 ounces

Directions:

Preheat the broiler.

1. Mix the mayonnaise, scallions, and chives in a small bowl.
2. Wash and pat dry the arctic char fillet. Place the fish skin side down on a baking dish. Sprinkle top of fillet generously with salt and pepper, then rub scallion mixture evenly over the fillet's surface.
3. Place several inches from the broiler and cook until scallions are slightly charred and fillet is cooked through, about 8 minutes (depending on thickness of the fillet).
3. Serve with your favourites such as: roast potatoes, a salad, steamed greens or veggies, rice, or anything else you think would make good side.



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recipe information

Nutrition Facts	
Serving Size oz (1g)	
Amount Per Serving	
Calories 51	
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 22mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	12%
*Percent Daily Values are based on a 2,000 calorie diet.	