



Fresh. Simple. Sustainable.

Slow-Roasted Arctic Char with Lemon-Mustard Seed Topping

Entertain the Possibilities via Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook / Epicurious

- 1 teaspoon grated lemon zest
- 1 tablespoon extra-virgin olive oil
- 1 ½ tablespoons multigrain breadcrumbs – Can substitute panko
- 1 tablespoon finely chopped fresh flat-leaf parsley
- ¼ teaspoon dried tarragon
- 2 teaspoons mustard seeds, crushed
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- ¼ teaspoon sugar
- 4 5-ounce Arctic char fillets, skin on (Can roast the fish in larger/whole pieces; segment, to serve)
- Freshly ground pepper

Preheat the oven to 250°F.

In a bowl combine the zest, olive oil, breadcrumbs, parsley, tarragon, mustard seeds, vinegar, lemon juice, mustard, and sugar substitute. Line a baking pan with parchment paper and place the fish in the pan, skin side down. Sprinkle with pepper.

Spread some of the lemon-herb mixture on each fillet.

Bake the char for 30 to 35 minutes, depending on thickness, until the fish is almost completely opaque. Allow to rest for 5 minutes before serving.

Serves 4