

Arctic Char with Mushrooms



Recipe courtesy of Food Network Kitchen

Total Time: 25 min

Prep: 15 min

Cook: 10 min

Yield: 4 servings

Level: Easy

Ingredients

4 6-ounce skinless arctic char fillets (about 1 inch thick)

Kosher salt and freshly ground pepper

4 tablespoons extra-virgin olive oil, plus more for drizzling

8 ounces white button mushrooms, sliced

2 shallots, finely chopped

2 tablespoons red wine vinegar, plus more for drizzling

2 teaspoons whole-grain mustard

1 tablespoon chopped chives

1 tablespoon chopped fresh parsley

2 bunches arugula, trimmed

Directions

Preheat the oven to 350 degrees. Season the fish with salt and pepper. Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat until shimmering. Add the fish and sear until golden on the bottom and cooked halfway through, about 3 minutes. Flip onto a baking sheet and bake until cooked through, 3 to 5 more minutes.

Meanwhile, wipe out the skillet, return to medium-high heat and add the remaining 3 tablespoons oil. Add the mushrooms and cook, without stirring, until browned on one side, about 1 minute. Stir and cook until browned all over, about 3 more minutes. Add the shallots and cook until soft, stirring, about 2 minutes. Whisk in 2 tablespoons vinegar and the mustard and bring to a boil. Remove from the heat and stir in the chives and parsley.

Drizzle the arugula with oil and vinegar in a bowl, season with salt and pepper and toss. Divide among plates and serve

with the fish. Spoon the mushrooms and pan juices on top.

Per serving: Calories 376; Fat 19 g (Saturated 3 g); Cholesterol 80 mg; Sodium 399 mg; Carbohydrate 14 g; Fiber 1 g; Protein 38 g

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