

Seared Arctic Char with Broccolini, Olives and Garlic *(Page 1 of 2)*

Adapted from: *Bon Appetit*, 2008
Category: Entrée-Fish

Servings: 2
Prep time: 30 minutes

Ingredients

2 Tablespoons extra-virgin olive oil, divided, plus additional for drizzling
1 (6-oz) bunch broccolini
2 large garlic cloves, chopped
5 halved pitted Kalamata olives
3 teaspoons finely slivered orange peel (*orange part only, removed with zester*), divided
2 (8-oz) arctic char or salmon fillets with skin (*each about ½" to ¾" thick*)
2 Tablespoons white balsamic vinegar, divided

Instructions

Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add broccolini and stir 1 minute. Pour ½ cup water into skillet and cook until broccolini is crisp, stirring occasionally, about 5 minutes. Add garlic and stir 30 seconds. Stir in olives and 2 teaspoons orange peel. Transfer mixture to bowl and set aside (do not clean skillet).

Heat 1 tablespoon oil in same skillet over medium-high heat. Sprinkle fish with salt and pepper. Add fish to skillet, skin side down, and cook until skin is crisp, about 3 minutes. Turn fish over and cook just until fish is opaque in center, about 2 ½ minutes longer. Transfer to plates. Return broccolini mixture to same skillet to rewarm; stir in 1 tablespoon balsamic vinegar. Season to taste with salt and pepper. Spoon mixture over dish.

Drizzle fish lightly with oil and 1 tablespoon vinegar. Sprinkle with remaining 1 teaspoon slivered orange peel and serve.

Pair with ¾ cup brown or wild rice.*

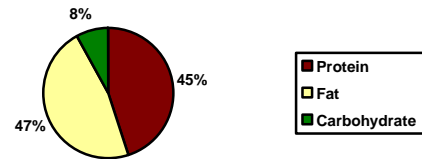
(See Nutritional Facts on Page 2)

Nutritional Facts Per Serving (Cont'd)

Recipe Only:

Serving Size: 1 fillet

Sugar:Fiber = 3:5
Mono:Sat = 6:1
Calories: 420
Carbohydrates (g): 9
Fat (g): 23
Cholesterol (mg): 125
Protein (g): 49
Sodium (mg): 410



*Recipe + Pairing:

Serving Size: 1 fillet and brown rice

Sugar:Fiber = 1:3
Mono:Sat = 5:1
Calories: 590
Carbohydrates (g): 43
Fat (g): 24
Cholesterol (mg): 125
Protein (g): 53
Sodium (mg): 420

