

ROASTED ARCTIC CHAR WITH ORANGE-LENTIL SALAD

Serves 4

ingredients:

For The Salad:

- ¼ cup fresh orange juice
- 1 teaspoon finely grated orange zest
- 4 teaspoons olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- 1 package (17 oz) steamed lentils (or 3 cups canned, rinsed and drained)
- ¼ cup chopped fresh mint
- 2 tablespoons finely chopped red onion

For The Fish:

- 1 teaspoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 arctic char fillets (5 oz each), skin removed
- 1 Orange slices and mint sprigs for garnish

directions:

1. Heat oven to 400 degrees.
2. In a bowl, whisk orange juice, orange zest, 4 tsp. olive oil, vinegar, 1/2 tsp. salt, mustard and 1/4 tsp. pepper. Gently stir in lentils, chopped mint and onion.
3. Arrange fillets on a foil-lined baking sheet. Brush with remaining 1 tsp. oil; season with remaining 1/4 tsp. salt and 1/4 tsp. pepper. Roast until fish is opaque and just cooked through, 10 minutes.
4. Spoon lentil salad onto plates; top with fish. Garnish with orange slices and mint sprigs.

Enjoy!

