

Marinated Arctic Char with Salsa Verde

- Yield: 4 servings



Ingredients:

- 1 tablespoon extra-virgin olive oil, plus more for cooking
 - Pinch crushed red pepper
 - 2 sprigs fresh thyme, leaves coarsely chopped
 - 1 clove garlic, smashed
 - 1/2 lemon, zested
 - 4 skin-on fillets arctic char
 - Kosher salt
 - Salsa Verde, for serving, recipe follows
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Salsa Verde:

- 1/3 cup white vinegar
 - 1/4 cup extra-virgin olive oil
 - 3 tablespoons toasted pine nuts
 - 2 tablespoons chopped dill
 - 2 pinches crushed red pepper
 - Pinch kosher salt
 - 1 clove garlic, crushed and minced
 - 1 bunch parsley, leaves chopped
 - 1 zucchini, green skin parts only, small dice
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- 1/4 medium red onion, finely diced

Directions

1. Combine the olive oil, crushed red pepper, thyme, garlic and lemon zest in a medium bowl, and then massage over the fish. Sprinkle with salt, and set aside to marinate, 15 to 20 minutes.
 2. Rub off any excess herbs to prevent burning. Coat a medium saute pan with olive oil and bring to high heat. When the oil is hot, add the fish skin-side down. Resist the urge to try to move the fish. Cook 3 to 4 minutes, and then gently shake the pan to allow the fish to unstick itself. Carefully flip and continue cooking until just cooked through, about 4 minutes more. Serve with the Salsa Verde.
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Salsa Verde:

Yield: 2 cups

1. Combine the vinegar, olive oil, pine nuts, dill, red pepper, salt, garlic, parsley, zucchini and onions in a medium bowl. Taste and season with more salt, if necessary. Serve at room temperature.