

TARRAGON CHAR

Time: 25 minutes

Serves: 2

Ingredients:

- 1 whole arctic char – cleaned, scaled, head/tail removed
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground black pepper
- 2 springs fresh tarragon

Preparation:

Place a steamer basket in a large pot, fill with water to just below the basket and place over high heat.

Wash the fish well under cold water, pat dry and make three shallow slits from belly to backbone in each side.

Rub the salt and pepper into the skin. This will work some of it into the slits as well.

Put the tarragon springs in the belly cavity and once the water begins to boil, place the fish on the steamer basket. Reduce heat to medium and steam covered for ten minutes.

Remove the fish from the steam and serve immediately.

Nutritional Information Per Serving:

- Calories: 211
- Fat: 6g
- Carbs: 0g
- Fibre: 0g
- Protein: 36g