

GRILLED CHAR

Time: 20 minutes

Serves: 4

Ingredients:

2 tablespoons extra-virgin olive oil
1 cloves garlic – finely chopped or grated
½ teaspoon parsley – finely chopped
¼ teaspoon kosher salt
1 pinch red pepper flakes
1 pound arctic char filet – skin on
1 teaspoon fresh lemon juice

Preparation:

Preheat your grill on medium-high.

Whisk together the oil, garlic, parsley, salt and pepper flakes.

Place char on the grill skin-side down and baste the flesh side with the oil mixture.

Grill with the lid closed for five minutes or until the fish is done to your liking.

Serve drizzled with the lemon juice.

Nutritional Information Per Serving:

Calories: 207
Fat: 12g
Carbs: 0g
Fibre: 0g
Protein: 24g