



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

MAPLE CHAR

Time: 60 minutes

Serves: 4

Ingredients:

450g skin-on Arctic char fillet
2g kosher salt
1g fresh ground black pepper
15ml maple syrup

Preparation:

Combine salt and pepper, then sprinkle evenly on flesh-side of char. Refrigerate for 30 minutes.

Pre-heat your grill to 100C set up for indirect heat. Prepare a smoke box with hardwood chips of your choice or place chips in a foil pouch, making holes in it with a fork.

Brush flesh side of fish with maple syrup.

Place smoke box or foil pouch over burner. Place fish on indirect side of grill. Close lid and cook for 30 to 40 minutes until internal temperature reaches 55C.

Serve immediately.

Nutritional Information Per Serving:

Calories: 173
Fat: 7g
Carbs: 3g
Fibre: 0g
Protein: 23g