

# Arctic Char with Mushrooms and Arugula

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Recipe source: [Food Network Magazine](#)



## INGREDIENTS:

- 4 6-ounce skinless arctic char fillets (about 1 inch thick)
- Kosher salt and freshly ground pepper
- 4 tablespoons extra-virgin olive oil, plus more for drizzling
- 8 ounces white button mushrooms, sliced
- 2 shallots, finely chopped
- 2 tablespoons red wine vinegar, plus more for drizzling
- 2 teaspoons whole-grain mustard
- 1 tablespoon chopped chives
- 1 tablespoon chopped fresh parsley
- 2 bunches arugula, trimmed

## DIRECTIONS:

- Preheat the oven to 350 degrees.
- Season the fish with salt and pepper.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat until shimmering. Add the fish and sear until golden on the bottom and cooked halfway through, about 3 minutes.
- Flip onto a baking sheet and bake until cooked through, 3 to 5 more minutes.

*NOTE: If desired, you can skip the oven and continue cooking the fish in the skillet but turn the heat down to medium-low after you flip the fish. Keep a close eye for doneness, approximately 3-4 minutes on the second side.*

- Meanwhile, wipe out the skillet (or get an additional skillet if you choose to continue cooking the fish in the first pan), return to medium-high heat and add the remaining 3 tablespoons oil.
- Add the mushrooms and cook, without stirring, until browned on one side, about 1 minute. Stir and cook until browned all over, about 3 more minutes.
- Add the shallots and cook until soft, stirring, about 2 minutes.
- Whisk in 2 tablespoons vinegar and the mustard and bring to a boil.
- Remove from the heat and stir in the chives and parsley.
- Drizzle the arugula with oil and vinegar in a bowl, season with salt and pepper and toss. Divide among plates and serve with the fish. Spoon the mushrooms and pan juices on top.