

# Marinated Arctic Char with Salsa Verde

Posted on [Entertain the Possibilities](#) blog

Recipe source: Anne Burrell via [Food Network](#)



## 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

## Salsa Verde Ingredients:

- 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
- 1/4 medium red onion, finely diced

### **DIRECTIONS:**

- 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.
- 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.

### **Salsa Verde:**

- 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.
- Can be made up to 4 hours ahead and chilled in the refrigerator.
- Serve at room temperature.

*Yield: 2 cups*