

Arctic Char on a Bed of Kale

Modified from EatingWell: [September/October 2009](#) - 4 servings

Arctic char, related to salmon and trout, is sustainably farmed, making it a “best choice” for the environment. It has a mild flavor and cooks up quickly. We like the taste and texture Dinosaur kale in this dish. Serve with mashed root veggies and cauliflower.

Ingredients

- 1 tablespoon extra-virgin olive oil or virgin coconut oil
- 1 large shallot, thinly sliced
- 1 cup reduced-sodium vegetable broth
- 1/4 cup water
- 1-1 1/2 pounds kale, tough stems removed, coarsely chopped (4-6 cups)
- 1 pound skinned arctic char or salmon fillet, cut into 4 portions
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup coconut cream (unsweetened) or 1/2 cup soaked raw cashews (soaked in water for 6 hours, then drained)
- 2 teaspoons prepared horseradish
- 1 tablespoon chopped fresh dill, or 1 teaspoon dried
- 4 lemon wedges for garnish

Preparation

1. Heat oil in a large skillet over medium heat. Cook shallot, stirring, until beginning to soften, about 2 minutes. Add broth, water and half the kale; cook, stirring, until slightly wilted, about 1 minute. Add the remaining kale and cook until tender, about 8 minutes.
2. Sprinkle fish with salt and pepper and place on the kale. Cover and cook until the fish is just cooked through, 5 to 7 minutes.
3. Meanwhile, combine cream or nuts, horseradish and dill in a blender (or use immersion blender). Serve the fish and kale with the sauce and lemon wedges.