

## Arctic Char with Kiwi Apple Tartar

serves 4

### INGREDIENTS

4 Arctic char fillets (approx.  
450g each, scaled)  
1 green apple  
2 kiwis  
1 lemon (juice only)  
**3 shallots**  
1 clove of garlic  
1/2 bunch of fresh flat leaf  
parsley  
Extra virgin olive oil  
Salt and pepper

Equipment:  
Parchment paper

**ALLERGENS HIGHLIGHTED IN BOLD**



### PREPARATION

Preheat the oven to 180 °C CircoTherm®.

Peel the kiwis and dice finely. Wash the apple and dice finely. Mix these together in a small bowl and pour over the lemon juice. This helps prevent the apples and kiwis from turning brown.

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### PREPARATION

Crush the garlic, finely chop the shallots and add to the mixture. Finely chop the fresh parsley and mix it with the fruits. Finally, season the fruit tartar to taste with some salt and pepper. For a bit more sweetness, add a little honey to the tartar.

Now, line a baking sheet with a piece of parchment paper and brush lightly with olive oil. Place the arctic char on the sheet (fillets skin side down) and cover with the kiwi-apple tartar and drizzle with some olive oil.

Fold the paper, sealing the arctic char into an airtight parcel and cook for 26–30 minutes (allow a further 5 minutes per 450 grams of fish) in the preheated oven.

Once cooked, serve the char on a bed of roasted vegetables. This Arctic char recipe pairs particularly well with blistered cherry tomatoes. Enjoy!