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Arctic Char with a Tamari Ginger Marinade and Sea Salt Kale Chips

Arctic Char with a Tamari Ginger Marinade

Ingredients

- 2 arctic char fillets
- 4 tbsp extra-virgin olive oil
- 2 tbsp tamari sauce (fermented soy sauce)
- 1 tbsp coconut syrup or maple syrup
- 1 tsp ginger root, grated
- 2 tbsp water
- Pinch of garlic powder



Directions

1. Place fish on baking sheet. Combine marinade ingredients in a small bowl and mix with a wire whisk. Pour marinade over fish and refrigerate for one hour.
2. Set oven to “grill 1”. Place fish on glass pan and grill for 10 minutes. Then set oven to convection at 180 degrees Celsius and bake for another 5 minutes. Remove from oven and enjoy immediately.

Panasonic



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Sea Salt Kale Chips

Recipe is adapted from the JOYOUS HEALTH cookbook.

Ingredients

- 1 bunch kale, washed and patted dry
- 1 tbsp extra-virgin olive oil
- 1 tsp sea salt



Directions

1. Tear kale away from the tough stems and tear into large bite-size pieces.
2. Place in a large bowl. Drizzle with oil and massage into the kale pieces with your hands for a minute or two.
3. Spread kale evenly in a single layer, slightly overlapping if necessary, on a parchment-lined baking sheet. Sprinkle with sea salt.
4. Preheat oven to convection setting at 180 degrees Celsius. Spread evenly on pan lined with parchment paper. Bake for 8 to 10 minutes until kale chips are crispy.