

# Arctic Char with Cilantro Pumpkin Seed Pesto

## Ingredients

1 1/2 lb Arctic Char fillets  
2 cups unsalted hulled green pumpkin seeds  
5 tbsp extra virgin olive oil, divided  
1/2 tsp sea salt  
1/4 c water  
2 tbsp fresh lemon juice  
3 garlic cloves  
1 cup fresh cilantro

## Directions

Prepare pesto—can be made up to 3 days ahead. Preheat oven to 375. Toss pumpkin seeds with 2 tbsp extra virgin olive oil and sea salt. Roast 10-15 minutes. Allow to cool. Combine seeds in food processor with water, lemon juice, garlic, cilantro and remaining oil. Pulse until mixture forms coarse paste. Salt and pepper to taste.

Top fish with mixture and let sit 15-30 minutes. Bake at 375° for 20-25 minutes or until fish flakes easily with a fork.

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