

# Seared Soy-Sesame Arctic Char

## Ingredients

1 fillet Arctic Char  
1 tbsp soy sauce  
1 tsp honey  
1/4 tsp toasted sesame oil  
Salt and pepper

## Directions

In a small bowl, stir together the soy sauce, honey and sesame oil. Season the fish with salt and pepper and brush with half of the sauce.

Heat a small cast iron skillet over high heat. Sear the fish skin side up for 4 minutes. Pour the remaining sauce over the fish and swirl the sauce around the pan. Carefully turn the fish, spoon the sauce over the top, and cook for 3 more minutes, until fish is just cooked through. Serve immediately.

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