

SIDE DISH

Pan Roasted Arctic Char Stuffed with Tangerine and Fennel

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	20 min	25 min	6	\$1.25	100 kcal

Pan Roasted Arctic Char Stuffed with Tangerine and Fennel might be a good recipe to expand your side dish recipe box. One portion of this dish contains roughly 2g of protein, 5g of fat, and a total of 102 calories. This recipe serves 6.

Ingredients

- ☐ 2 anchovies
- ☐ 2 tablespoons capers
- ☐ 2 fennel bulbs, including fronds
- ☐ ¼ cup pitted green olives
- ☐ ½ cup extra-virgin olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 tangerine, juiced
- ☐ 3 pound whole Artic char, scaled and cleaned
- ☐ 1 tablespoon whole black peppercorns
- ☐ ¼ cup reserved fennel fronds
- ☐ 1 tablespoon fennel seeds
- ☐ 6 servings Kosher salt and freshly ground black pepper
- ☐ ¼ cup parsley leaves
- ☐ 6 servings Salt and pepper
- ☐ 2 tangerines
- ☐ 3 pound whole Artic char, scaled and cleaned

EQUIPMENT Bowl, Frying pan, Oven, Knife, Cutting board, Kitchen twine

Method

- 1

Preheat the oven to 350 degrees F.

- 2 Rinse the fish and pat dry. Slice the tangerines thinly; remove and reserve the fronds from the fennel bulbs and cut the bulbs into thick slices.
- 3 Mix them together in a bowl with 1/4 cup olive oil and salt and pepper, to taste. Season the fish inside and out with salt and pepper. Stuff the fish with the tangerine mixture and tie it closed with kitchen string.
- 4 Heat an ovenproof saute pan over medium high heat and add 1/4 cup olive oil. When hot toss in the fennel seeds and peppercorns. Cook to flavor the oil for about 1 minute, remove the spices and discard them.
- 5 Place the fish in the pan and cook on each side for about 2 minutes.
- 6 Put the pan in the oven and roast the fish for about 15 to 20 minutes or until cooked through.
- 7 Serve with the Fennel and Olive Salsa Verde.
- 8 Place the fennel fronds, parsley, olives, capers, and anchovies on a cutting board. Chop them with a knife until they are very fine.
- 9 Put them into a bowl and stir in the olive oil, tangerine juice, and vinegar. Taste the salsa and season with salt and pepper.

Nutrition per serving

100 KCAL	2 g PROTEIN	5 g FAT	14 g CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			4.5 g · 18% of daily needs
Sugar			8 g · 9% of daily needs
Sodium			403 mg · 18% of daily needs
Cholesterol			0.8 mg · 0% of daily needs
Vitamin C			25.2 mg · 31% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pan-roasted-arctic-char-stuffed-with-tangerine-and-fennel-148380