



## Arctic Char with Mango Sweet Chili Sauce, Black Rice and Baby Bok Choy

Yield: 6

1-1/2 cup	Dry Brown Rice	1 Tbsp	Fresh Minced Ginger Root
3/4 cup	Uncooked Barley	1/2 cup	Water
6 Tbsp	Chinese Black Rice	1 Tbsp, 1-1/2 tsp	Crushed Garlic Cloves
1 qt, 1 cup	Water	1 each	Valencia Orange
1/4 cup	Sweet Thai Chili Sauce	1-1/2 tsp	Sesame Oil
2 oz	Peeled, Diced Fresh Mango	2-1/4 tsp	Toasted Sesame Seeds
1 Tbsp	Fresh Chopped Cilantro	6 each	Arctic Char Fillets, 4 oz
1-1/2 tsp	Fresh Lemon Juice	1/8 tsp	Kosher Salt
1 tsp	Fresh Grated Ginger Root	1/8 tsp	Ground Black Pepper
1 lb, 8 oz	Baby Bok Choy Cabbage	1-1/2 tsp	Olive Oil



Mix together brown rice, barley and black rice. Rinse well and drain. Place in a pot with 5 cups of water and bring to a boil. Lower heat, cover and steam for 30 minutes. Remove from heat and keep covered for 15 more minutes. Fluff and set aside. Place chili sauce and mangos in a non-reactive sauce pan and simmer covered for 20 minutes to soften the mangos. Chill and season with fresh lemon juice, grated ginger and fresh chopped cilantro. Set aside.

Slice each baby bok choy into half lengthwise. In a sauce pan, add water, ginger, garlic, zest of the orange and the juice. Bring to a boil and add the bok choy. Cover tightly and steam until tender, 2-4 minutes. Drain and reduce the liquid in the pan until syrupy and add the sesame oil. Set aside.

Coat each fish fillet with oil, salt and pepper. In a non-stick pan, pan sear the fish on both sides until cooked through, about 2 -4 minutes on each side. Onto each dinner plate, scoop rice, bok choy drizzled with reserved orange sauce, fish fillet with 1 Tbsp of chili sauce and garnish with sesame seeds. **Chef's Note:** Salmon can be a nice substitute for the Arctic Char. A little bit of black rice will tint the whole rice a nice purple hue and give a subtle sweet flavor. If unavailable, it can be omitted.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
465.8	30.3	60	11.8	62.8	364.5	1.8	6.4