

## Grilled Arctic Char with Honey-Dijon Marinade

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Prep: 10 minutes

Cook: 10 minutes

Total: 20 minutes

Servings: 4

### **Ingredients**

4 (1 1/2-inch thick) skin-on arctic char fillets  
1/4 cup (120 milliliters) Dijon mustard  
1/4 cup (120 milliliters) honey  
2 tablespoons (30 milliliters) olive oil  
3 cloves garlic, minced  
2 teaspoons fresh thyme  
1 teaspoon sea salt  
1/2 teaspoon freshly ground pepper  
2 1/2 tablespoons freshly squeezed lemon juice

### **Steps to Make It**

1. Gather ingredients.
2. Rinse fish off in cold water and pat dry with paper towels. Place into a deep glass baking dish.
3. Combine mustard, honey, oil, garlic, thyme, lemon juice, salt, and pepper in a small bowl.
4. Using a spoon, coat fillets with mixture. Cover dish with plastic wrap and place into refrigerator for 30 to 40 minutes.
5. Preheat grill for medium-high heat. Right before placing the fish onto the grill, oil grill grates. This can be done by using a large pair of tongs, folded paper towels, and a high smoke point oil like grapeseed or avocado oils.
6. Place fish onto grill, skin side down, and cook for 5 minutes. Discard any extra marinade. Carefully, turn fish and cook for an additional 3 to 5 minutes. It is sometimes easier to use 2 heat-resistant spatulas to turn the fish. One to get underneath and the other to assist with turning.
7. When the flesh of the fish no longer appears shiny, flakes easily and reaches an internal temperature of 145 F, it is done. Carefully remove from grill, plate and serve.