

Arctic Char

- 2 [Arctic Char](#) fillets (about 1 1/2 lb)
- 2 t olive oil
- 2 t [Maple Hickory Salmon Spice](#) mix

Along with fish selection advice, I was given cooking instructions in the form of: Bake at 375 degrees for 12-16 minutes with a tiny bit of oil and some [Maple Hickory Salmon Spice](#). If time is not of the essence, sprinkle the fish with spice 1-2 hours before cooking.

Following instructions yielded perfect results. I opted for 12 minutes. If it's this easy can I still post it on the **Jittery Cook** blog? Let's just say that I needed a break and I think you may too. I served the wonderful [Arctic Char](#) with quinoa and broccoli.