

Nordic Char and Rye Stir-Fry

Serves 4

From this month's Alive magazine – I have some whole spelt kernels at home I think I would like to try it with that. ☺

PUBLISHED ON *March 1, 2018* **WRITTEN BY** *Matthew Kadey, MSc, RD* matthewkadey.com

Ingredients

1 cup (250 mL) whole rye kernels

1/4 tsp (1 mL) salt, divided

1 Tbsp (15 mL) grapeseed oil

1 1/2 lb (750 g) Arctic char, skinned and cut into 1 in (2.5 cm) chunks (could also sub Salmon or Rainbow Trout) & I so would leave the skin on that is where all the yummy goodness is.

2 medium carrots, sliced into matchsticks

1 Golden Delicious or Granny Smith apple, skin on and sliced into matchsticks

1 cup (250 mL) drained sauerkraut

2 green onions, sliced

1/3 cup (80 mL) chopped dill

2 Tbsp (30 mL) cider vinegar

1 uncooked medium red beet, peeled and grated

2 cups (500 mL) arugula

1/4 cup (60 mL) chopped walnuts

Directions

Cover rye kernels with water and let soak overnight or for several hours.

Drain rye, place in medium-sized saucepan along with a couple pinches salt, and cover with 4 cups (1 L) water. Bring to a boil, reduce heat to medium-low, and simmer, covered, until tender but still somewhat firm to the bite, about 45 minutes.

Drain.

Heat wok or large skillet over medium-high heat. Add oil and swirl to coat pan. Season char with salt and pepper and add to pan. Cook 3 minutes, or until just barely cooked through. Remove char from pan and reserve.

Place carrots and a couple pinches salt in pan and heat 2 minutes, stirring often. Add apples and heat 1 minute, stirring often. Add sauerkraut, green onions, dill, and cider vinegar to pan and heat through. Gently stir in char.

To serve, divide rye among serving plates and top with grated beet, arugula, char mixture, and walnuts.

Each serving contains: 585 calories; 45 g protein; 22 g total fat (7 g sat. fat, 0 g trans fat); 44 g total carbohydrates (9 g sugars, 10 g fibre); 431 mg sodium *Source: [Stir It Up](#)*