

Arctic Char with Herb Salsa



Pan-seared arctic char with herb salsa, roasted fingerling potatoes, sautéed green vegetables & bell peppers.

Heating Instructions:

Remove items from the fridge 30 - 45 min prior to heating. Place the Arctic Char in a 425° oven for 7 - 12 min, depending on how well you prefer it cooked.

Potatoes can be heated in the oven at the same time.

Vegetables are pre-seasoned and can be sauteed on the stove top to finish them

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.