

Lemon Caper Arctic Char



Seared Arctic char with lemon caper parsley sauce served with a carrot basil puree, green beans and cherry tomatoes.

Heating Instructions:

Remove items from the fridge 30 min prior to putting the fish in a 425° oven for 8 - 12 min.

Beans and tomatoes can be heated at the same time.

Carrot puree can be heated in the microwave.

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