

Seared Canadian Haddock



Pan-seared Canadian haddock with garlic scape pistou. Served with new red potatoes in fresh herbs, sauté of bell peppers, red onion, green beans, & zucchini.

Heating Instructions:

Remove all items from the fridge prior to placing Haddock (uncovered) in a 425° oven for 5 - 8 min. Salsa can be served on the side or ontop of the fish when plating.

Sauté vegetable on the stovetop, they are oiled and pre-seasoned.

Rice can be heated in the microwave.

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