

Trout Almondine



Pan-seared Ontario trout with an almond butter sauce with a hint of lemon. Green tea infused rice, mixed seasonal vegetables.

Heating Instructions:

Remove trout from fridge 30 min prior to placing it in a 425° oven for 8 - 12 min.

Vegetables can be heated in the oven with fish or in a sauté pan on the stovetop.

Rice can be heated in the microwave.

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