

Trout en Papillote



Ontario rainbow trout wrapped in a parchment envelope along with herbs and julienne vegetables. Wild rice pilaf and sautéed 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 sautéed in a 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.