

## *Wild Lake Trout on Organic Baguette*

**Prep Time: 10 minutes**

**Bake Time: 15-20 minutes**

**Oven Temp: Preheat to 425°F**

1 whole **Ontario Natural Wild Lake Trout**

Fresh sunflower sprouts

Organic baguette

1½ Tbsp Honey – liquid or unpasteurized

1½ Tbsp balsamic vinegar

¼ cup sunflower oil

Cracked pepper

Sea Salt

### **DRESSING**

In a small jar, combine honey, balsamic vinegar, sunflower oil and sea salt. Shake and set aside.

### **PREPARATION**

Thaw, rinse and remove skin from **Ontario Natural Wild Lake Trout** and cut into 4 pieces. Set the stove to medium/high and place seasoned side down first. Fry for 3-5 minutes, flip and fry on other side for 2-3 minutes until cooked through.

### **ASSEMBLY**

Toast organic baguette under broiler on high. Assemble sandwich with sunflower sprouts first, then add the fish, drizzle with dressing mixture and finish off with cracked pepper and sea salt to taste.



Recipe and food styling by  
Stacey Fokas, Freshalicious.



Please visit [OntarioNatural.ca](http://OntarioNatural.ca) for full product listing and great recipe ideas.