

Rainbow Trout with Peach Salsa



4 x 6-8 oz portion fresh Ontario farm-raised trout fillet
Salt & pepper to taste
Juice of ½ lemon
1-2 oz olive oil

Salsa

1 large fresh peach, sliced
1 small sweet red pepper, sliced fine
1 small red onion, sliced
¼ cup fresh cilantro, chopped
Juice of 3 limes
1 tsp jalapeno, chopped
Sea salt & fresh ground pepper to taste

In a large bowl, mix all ingredients for the salsa. Cover and refrigerate (will keep 3-4 days in fridge).

Heat olive oil in a non-stick pan. When oil is hot, place the trout flesh side down and cook on medium to high heat until flesh is golden brown. Turn over and season with salt and pepper. Lower heat to medium and allow fish to cook until flesh is firm with just a slight hint of pink, approximately 5 minutes.

Place fish on platter and garnish with the salsa. Serve with seasonal fresh Ontario vegetables.

As an alternative, this dish is great grilled on the BBQ.

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