## ONTARIORED<sup>TM</sup> WHITE FISH SANDWICH

# ONTARIORED™ TOV WHITE FISH SANDWICH





Prep time:15 MinutesCook time:10 MinutesServings:2 People

## **INGREDIENTS:**

2 OntarioRed<sup>™</sup> Tomatoes On The Vine
1/2 Red Bell Pepper, roasted
1/4 cup of mayonnaise
3 cloves of garlic, roasted
1 clove of garlic, diced
2 ciabatta
1 tbsp. butter
2 white fish fillets
1 bunch of arugula
2 tbsp. Olive Oil
Salt & Pepper to taste

#### CHEF'S TIP:

You can substitute white fish for chicken or turkey breast.

#### **DIRECTIONS:**

Cut bread in half and spread butter on each side. Place each slice on a grill at low heat.

Cut OntarioRed™ Tomatoes in 1/2 cm thick slices. Place on grill for 3 minutes per side.

Heat olive oil on a pan for two minutes. Add diced garlic and white fish to the pan. Sprinkle with salt & pepper. Cook the whitefish for 4-5 minutes per side until sides are golden and seared.

Mix mayonnaise with the roasted Bell Pepper and roasted garlic. Blend in a food processor and add salt & Pepper to taste.

Place arugula, seared white fish, two slices of grilled tomatoes and mayonnaise mixture onto a slice of bread. Top with remainder slice of bread.

Serve.

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