

OntarioRed™ WHITE FISH SANDWICH

OntarioRed™
Tomatoes On The
Vine paired with
whitefish create
the perfect savoury
sandwich. Full of
nutrients & flavor this
sandwich is sure to
hit the spot.



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.



Nutrition Facts

Serving Size (479g)	
Servings Per Container	
Amount Per Serving	
Calories 650	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 860mg	36%
Total Carbohydrate 68g	23%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 39g	
Vitamin A 60%	Vitamin C 170%
Calcium 20%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 minutes
Cook time: 15 minutes
Serves: 2 People

INGREDIENTS:

- 2 OntarioRed™ 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.



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