

WWF Southern African Sustainable Seafood Initiative

Summer harvest trout salad



This WWF-SASSI recipe is courtesy of our Trailblazer Chef, [Bjorn Guido](#), executive chef of the [Millhouse Kitchen](#) at Lourensford..

Ingredients for salad

- 150g Lourensford smoked trout
- Roasted cherry tomatoes
- Blanched asparagus
- Orange segments
- Shaved raw fennel bulb

Ingredients for dressing

- Juice of 2 lemons
- 1 tsp dijoin mustard
- 1 tsp honey
- 50ml olive oil
- Pinch of chopped parsley



Method

Blend all together and drizzle over the salad. If you are feeling especially creative, you can add a poached egg. Now, sit back and enjoy your delicious sustainable seafood



You have a choice. Make it green.

For more sustainable seafood recipes and green-listed seafood alternatives, visit sassi.org.za