## **WWF** Southern African Sustainable Seafood Initiative

## Summer harvest trout salad





This WWF-SASSI recipe is courtesy of our Trailblazer Chef, <u>Bjorn Guido</u>, executive chef of the <u>Millhouse</u> Kitchen at Lourensford..

## Ingredients for salad

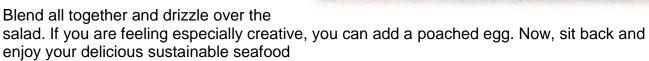
☐ 150g Lourensford smoked trought		150g	Lourensfo	ord smo	ked trou	ιt
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- ☐ Roasted cherry tomatoes
- ☐ Blanched asparagus
- □ Orange segments
- ☐ Shaved raw fennel bulb

## Ingredients for dressing

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









You have a choice. Make it green.

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