

FRESH PICKEREL FILLETS



Product of Canada



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Walleye (Sander vitreus)

Italian Herb & Parmesan Walleye (Pickerel)

- 1 lb Walleye fillets
- 1 tsp cracked salt & pepper
- 1 tbsp Italian herb (per fillet)
- 1 lemon sliced
- 5g parmesan (per fillet)

1. Preheat the oven to 375 degrees. Place the butterflied Walleye on a baking sheet, with the skin facing down.
2. Heavily coat the fillets with Italian herb, parmesan & salt & pepper as directed above.
3. Cook in the oven for 7 - 10 minutes (depending on fillet thickness).
4. Serve on a plate with a freshly squeezed lemon slice.

Our fresh pickerel (walleye) is **wild-caught** & harvested from **clean, uncompromised** lakes – a practice that means our customers receive only uncompromised freshwater fish. The Manitoba government sustainably manages the fishery & quota system to ensure that pickerel will remain **plentiful** for both commercial and recreational fishermen.

Pickerel is regarded as the best-tasting freshwater fish. It's lean, firm, white-fleshed meat delivers a **mild** and **sweet** flavor with little “fishy” taste. *Delicious* pan-fried, deep-fried, broiled or baked!



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