



## *SALMON TROUT with Black Olives*

*4 servings*

2 tbsp	PASTENE Extra Virgin Olive Oil	30 mL
4	salmon trout fillets, 5 oz (150 g) each	4
2	PASTENE Hearts of Palm, sliced thick	2
1	jar (6 fl. oz/170 mL) PASTENE Marinated Artichoke Hearts, drained	1
1	can (15 oz) PASTENE Broken Straw Mushrooms, drained and sliced, or 20 fresh mushrooms, cleaned and sliced	1
1 tsp	grated lemon zest	5 mL
12	PASTENE Pitted Black Olives	12
1 tbsp	chopped fresh parsley	15 mL
	juice of 1 lemon	
	salt and pepper	

- Heat olive oil in a skillet over medium heat. Season fish with salt and pepper to taste. Place in skillet skin-side down. Cook 2 minutes. Turn filets over; cook 2 more minutes or until done to taste. Remove fish to serving platter and keep hot.
- Add hearts of palm, artichoke hearts, mushrooms, lemon zest and olives to the same pan; cook 4 minutes over medium heat. Season well, sprinkle with parsley and lemon juice. Mix and pour over fish. Serve immediately.