



FINCH + FENNEL

## *Seared Walleye Pike Fillet*

PREP TIME: 5 Minutes  
COOK TIME: 12 Minutes

### INGREDIENTS:

2 Walleye Pike Filets, 6 oz each, skin-on  
2 Tbsp F+F All Purpose Seasoning  
1 Tbsp Unsalted Butter  
1 Tbsp Vegetable Oil  
Mixed Green Vegetables and Potatoes



### DIRECTIONS:

1. Coat the skin and flesh-side of the fish filets with F+F All Purpose Seasoning.
2. Heat a skillet to medium heat, then add the oil & butter.
3. Sear the fish, then cook on both sides until cooked through, about 10 to 12 minutes.
4. Serve atop sautéed vegetable and potato mix.

*Enjoy!*

