



# WILD ALASKA POLLOCK

Pure & Simple



# WILD ALASKA POLLOCK

## Pure & Simple

Alaska seafood is engineered by nature so it's no surprise that Alaska's icy, pure waters develop some of the most nutritionally packed, delicious seafood in the world, filled with lean protein and essential long chain omega-3s found only in marine sources.

Wild Alaska pollock is a member of the cod family (think of pollock as cod's cousin) and shares many of the same great attributes—mild in flavor and extremely versatile for use in a variety of easy-to-prepare dishes.

Developed with **Serious Eats** and **Simply Recipes**, each recipe highlights unique flavor profiles using ingredients that pack a nutrition punch.

# BAKED WILD ALASKA POLLOCK WITH GREEN PEA HUMMUS & POMEGRANATE



Yield: 4

Prep Time: 15 minutes

Cook Time: 20 to 25 minutes



## NUTRIENTS

### Per Serving:

349 calories  
20g total fat  
3g saturated fat  
176 calories from fat  
35mg cholesterol  
19g protein  
27g carbohydrate  
8g fiber  
0mg sodium  
835mg calcium  
300mg omega-3 fatty acids

## INGREDIENTS

### Green Pea and White Bean Spread:

1/2 small clove garlic, chopped  
1/4 cup lemon juice, or to taste  
1/4 teaspoon salt  
2 tablespoons tahini  
1 can (15-ounces) cannellini beans, rinsed and drained  
1/2 cup frozen petite peas, defrosted  
2 tablespoons coarsely chopped fresh parsley  
1/4 teaspoon ground coriander seed  
2 tablespoons olive oil

### Wild Alaska Pollock:

Olive oil (for the baking dish)  
4 (4-6 ounce) wild Alaska pollock fillets  
Sea salt and freshly cracked black pepper, to taste  
1/4 teaspoon chili powder  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1-1/2 teaspoons ground sumac  
1/4 cup pomegranate seeds  
1/4 cup fresh mint leaves  
1/4 cup fresh cilantro leaves  
1 cup pea tendrils or other micro greens  
1 lemon, quartered (for garnish)

## DIRECTIONS

1. In a food processor, purée garlic, lemon juice, salt and tahini until smooth. Add beans, peas, parsley, coriander, and olive oil and purée again until very smooth. Taste and add more salt and lemon juice, if you like. Transfer to a bowl and refrigerate until ready to use.
2. Preheat the oven to 275°F. Lightly oil the bottom of a large (9- by 13-inch) baking dish.
3. Set wild Alaska pollock in baking dish and sprinkle with salt, pepper, chili powder, and lemon juice. Drizzle with olive oil.
4. Bake for 20 to 25 minutes, or until fish is opaque and flakes easily with a fork. Remove from the oven and spoon the pan juices over the fish. Sprinkle with sumac. Let rest for 5 minutes (the temperature will rise a few degrees while fish rests.)
5. On each of four plates, spread a spoonful of the pea hummus. Set a piece of fish on top, and sprinkle with pomegranate seeds, mint leaves, cilantro leaves, and pea tendrils. Garnish with lemon wedges and serve.

## HEALTHWISE +

High-quality protein improves satiation and regulates metabolism

# BAKED WILD ALASKA POLLOCK WITH BUTTERNUT SQUASH AND CANDIED PECANS



**Yield:** 4  
**Active Time:** 20 minutes  
**Total Time:** 50 minutes

## INGREDIENTS

### Pecans:

1 teaspoon raw cane sugar  
1 teaspoon ancho chili powder  
1/2 teaspoon salt  
1 cup pecans  
2 tablespoons Manuka honey

### Wild Alaska Pollock and Vegetables:

8 cups 1-inch butternut squash cubes  
(about 2 pounds)  
5 tablespoons olive oil  
Black pepper, to taste  
1 bunch curly kale (about 8 ounces),  
stemmed and torn into bite-size pieces  
4 (4-6 ounce) wild Alaska pollock fillets  
2 tablespoons chopped fresh parsley  
1/4 cup dried cranberries

## NUTRIENTS

### Per Serving:

586 calories  
36g total fat  
4g saturated fat  
322 calories from fat  
35mg cholesterol  
17g protein  
60g carbohydrate  
10g fiber  
1601mg sodium  
255mg calcium  
690mg omega-3  
fatty acids

## DIRECTIONS

1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment. In a small bowl, stir the sugar, chili powder and salt together.
2. In a bowl, toss the pecans and honey together until the pecans are coated. Spread them in one layer on the baking sheet, separating so they don't touch. Sprinkle with half the spice mix. Bake for 8 to 9 minutes, or until they brown and smell toasty (careful not to burn). Remove from the oven and sprinkle with the remaining spice mix. Let cool completely on the baking sheet. Gather the edges of the parchment together and shake the pecans in the spice mix. Transfer to a bowl.
3. Increase the oven temperature to 450°F. On a rimmed baking sheet, mound the squash. Drizzle with 2 tablespoons of the oil and sprinkle with salt and pepper. With your hands, rub the oil into the squash to coat and spread on the baking sheet in one layer. Roast for 25 to 28 minutes, or until tender and golden.

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## BAKED WILD ALASKA POLLOCK WITH BUTTERNUT SQUASH AND CANDIED PECANS

recipe continued

### DIRECTIONS CONTINUED

4. Meanwhile, in a bowl, toss the kale with 2 tablespoons of the olive oil and 1/4 teaspoon salt. Massage the kale until it turns dark and softens slightly.
5. Remove the baking sheet from the oven and spread the kale over the squash. Set the wild Alaska pollock fillets on top of the vegetables and sprinkle with the lemon juice, salt and pepper. Drizzle with the remaining 1 tablespoon olive oil. Bake for 8 to 10 minutes, or until the fish is opaque and flakes easily with a fork. Let rest for 5 minutes (the temperature will rise a few degrees while fish rests).
6. Transfer the fish and vegetables to individual plates or a large platter, and sprinkle with the parsley, honeyed pecans and cranberries.

### HEALTHWISE +

Vitamin E and omega-3s help  
to fight infection and strengthen  
the immune system

# WILD ALASKA POLLOCK COCONUT CURRY WITH CUCUMBER YOGURT SAUCE



Yield: 4

Active Time: 30 minutes

Total Time: 30 minutes



## NUTRIENTS

### Per Serving:

413 calories

31g total fat

21g saturated fat

278 calories from fat

55mg cholesterol

24g protein

14g carbohydrate

3g fiber

1300mg sodium

129mg calcium

228mg omega-3

fatty acids

## INGREDIENTS

- |   |   |
|---|---|
| 2 tablespoons olive oil                       | 3 teaspoons finely chopped Serrano pepper (optional)                  |
| 1 medium onion, chopped<br>(about 1-1/2 cups) | 4 (4 ounce) wild Alaskan pollock fillets,<br>cut into 1/2-inch pieces |
| 1 teaspoon minced garlic                      | 1-1/2 teaspoons salt  |
| 1 teaspoon grated fresh ginger                | 1 cup Greek yogurt  |
| 1 teaspoon black cumin (nigella) seeds        | 1 cup grated cucumber   |
| 1 teaspoon ground turmeric                    | 1/4 teaspoon<br>garam masala  |
| 1 cup cauliflower florets                     | Steamed basmati<br>rice, for serving                                  |
| 1 cup broccoli florets                        |   |
| 1 cup chopped red bell pepper                 |   |
| 1 (15-ounce) can full-fat coconut milk        |   |

## HEALTHWISE +

Omega-3s reduce the chance of blood clots, heart attacks and strokes

## DIRECTIONS

1. Heat olive oil in a large, wide-rimmed sauté pan over medium heat. Add the onion and cook until softened, about 3 minutes.
2. Add the garlic and ginger, and sauté for a minute until aromatic. Add the turmeric and black cumin seeds. Add the cauliflower, broccoli, and bell pepper and toss to coat in spices. Pour in the coconut milk and Serrano pepper (if using) and bring to a low simmer. Cover and simmer for 5 minutes.
3. Stir in the wild Alaska pollock pieces and 1 teaspoon salt. Simmer 5 minutes, or until the fish is cooked through.
4. Meanwhile, make the cucumber yogurt sauce. In a bowl mix together the yogurt, cucumber, remaining 1/2 teaspoon salt, and garam masala. Let rest for 5 minutes (the temperature will rise a few degrees while fish rests.)
5. Serve curry spooned over steamed basmati rice with the yogurt cucumber sauce on the side or dolloped on top.

# WILD ALASKA POLLOCK RAINBOW BOWL WITH CREAMY GREEN DRESSING



Yield: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

## INGREDIENTS

### Dressing:

1/3 cup mayonnaise  
1/3 cup plain yogurt  
2 tablespoons lime juice  
1 teaspoon honey  
1/8 teaspoon salt  
Pinch of black pepper  
3 tablespoons water  
1 cup packed fresh spinach leaves  
1/3 cup olive oil

### Quinoa:

1 tablespoon olive oil  
1 cup quinoa (any variety)  
2 cups chicken stock or water  
1/4 teaspoon salt, or to taste

### Vegetables:

1/2 pound sugar snap peas, sliced  
in half on the diagonal  
12 cherry tomatoes, halved  
8 radishes, thinly sliced  
1/2 cup cilantro leaves  
2 avocados, sliced

### Wild Alaska Pollock:

4 (4-6-ounce) Alaska pollock fillets  
2 tablespoons olive oil  
1 to 2 teaspoons ancho chili powder,  
to taste  
1/4 to 1/2 teaspoon salt  
Fresh ground black pepper  
1 lime, cut into 4 wedges



## NUTRIENTS

### Per Serving:

829 calories  
56g total fat  
8g saturated fat  
494 calories from fat  
111mg cholesterol  
40g protein  
47g carbohydrate  
11g fiber  
1079mg sodium  
134mg calcium  
1330mg omega-3  
fatty acids

## DIRECTIONS

1. Preheat the broiler. Set an oven rack 4 inches below the broiler and heat to high. Line a baking sheet with foil and spray with non-stick spray (or use non-stick foil).
2. Make the dressing. In a blender, combine the mayonnaise, yogurt, lime juice, honey, salt, pepper, water and spinach leaves. Puree until smooth. With the blender on, gradually add the oil. Taste and add more salt and pepper, if you like.
3. In a saucepan over medium-high heat, heat the oil. Add the quinoa. Stir for 5 to 6 minutes, or until the quinoa pops and sizzles and smells toasty. Add the stock or water and 1/4 teaspoon of salt, and bring to a boil. Adjust the heat to a simmer, cover the pot, and cook for 15 minutes, or until the water is absorbed and the grains are tender. Fluff with a fork and keep warm.
4. Cook the snap peas. Bring a saucepan of salted water to a boil. Add the snap peas and cook for 2 minutes. Drain in a colander and transfer to a plate.

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## WILD ALASKA POLLOCK RAINBOW BOWL WITH CREAMY GREEN DRESSING

recipe continued

### DIRECTIONS CONTINUED

5. Cook the wild Alaska pollock. Place the fillets on the baking sheet and brush with oil. Sprinkle with the chili powder, salt, and pepper, and use your fingers to gently rub the spices into the fish. Squeeze a wedge of lime over each fillet. Broil for 5 to 7 minutes, or until the fish is lightly browned and cooked through. Cover loosely with foil and let the fish rest for 5 minutes.
6. Divide the quinoa between four bowls. Arrange the snap peas, tomatoes, radishes, cilantro and sliced avocado over top. Place the fish on top and drizzle with the dressing. Serve with extra dressing on the side.

### HEALTHWISE +

Vitamin B-12, vitamin E and omega-3s improve skin's elasticity, smoothness and can help with dry skin



# WILD ALASKA POLLOCK FALAFEL WITH MINT HUMMUS AND HARISSA CARROTS



**Yield:** 4 to 6

**Active Time:** 45 minutes

**Total Time:** 45 minutes

## NUTRIENTS

### Per Serving:

446 calories  
13g total fat  
2g saturated fat  
115 calories from fat  
28mg cholesterol  
25g protein  
62g carbohydrate  
11g fiber  
1762mg sodium  
148mg calcium  
200mg omega-3  
fatty acids

## INGREDIENTS

- |   |  |
|---|--|
| 2 (4-6 ounce) wild Alaska pollock fillets                                     | 1/4 cup tahini   |
| 1-3/4 cups cooked or canned chickpeas<br>(1 15-ounce can, drained and rinsed) | 2 tablespoons + 1 teaspoon freshly squeezed<br>lemon juice |
| 3 ounces dandelion greens<br>(about 1/2 bunch), roughly chopped               | 1 tablespoon olive oil                                     |
| 1/2 cup fresh cilantro  | 1-1/2 cups grated carrot                                   |
| 5 cloves garlic, divided  | 2 teaspoons harissa  |
| 2 teaspoons salt, divided   | Pita, to serve   |
| 1/4 teaspoon cumin  |  |
| 2 cups green peas   |  |
| 1/2 cup fresh mint leaves   |  |

## HEALTHWISE +

**Vitamin B-12 and omega-3s**  
protect brain cells and improve  
cognition and memory

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Add the wild Alaska pollock, chickpeas, dandelion greens, cilantro, 1 clove garlic, 1/2 teaspoon salt, and cumin to the bowl of a food processor and pulse until minced and fully combined but not a smooth puree.
3. Form into about 30 (1-1/2-inch) balls and arrange on the prepared baking sheet. Bake for 20 to 25 minutes, or until lightly browned and cooked through.
4. Meanwhile, make the pea and mint hummus. Put the peas, mint, tahini, remaining 2 cloves garlic, 2 tablespoons lemon juice, olive oil, and remaining 3/4 teaspoon salt into the bowl of a food processor. Blend until smooth. Set aside (can be made a day ahead and refrigerated).
5. Prepare the harissa carrots. Put the carrot, harissa, and remaining 1 teaspoon lemon juice in a bowl and toss to combine (can be made a day ahead and refrigerated also).
6. To serve, cut each pita in half down the middle. Gently open the pita pocket and spread the pea and mint hummus evenly on one side. Stuff with harissa carrots and falafel balls and serve.

# BLACKENED WILD ALASKA POLLOCK TACOS WITH BEET-APPLE SLAW AND AVOCADO CREMA



Yield: 4

Active Time: 35 minutes

Total Time: 35 minutes



## NUTRIENTS

### Per Serving:

349 calories  
17g total fat  
4g saturated fat  
148 calories from fat  
59mg cholesterol  
19g protein  
34g carbohydrate  
7g fiber  
1279mg sodium  
62mg calcium  
310mg omega-3 fatty acids

## INGREDIENTS

Cooking spray

1 tablespoon paprika

2 teaspoons garlic powder

1 teaspoon onion powder

1 teaspoon dried thyme

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon dried oregano

1/4 teaspoon allspice

1/4 teaspoon cumin

1/4 teaspoon cayenne pepper

4 (4-6 ounce) wild Alaska pollock fillets

1 tablespoon olive oil

1 beet, peeled and grated (about 1-1/2 cups)

1 apple (green or red), cored and grated  
(about 1-1/2 cups)

1/2 cup + 2 tablespoons chopped fresh cilantro

1/4 cup freshly squeezed lime juice

1/4 cup crema

1 avocado, peeled and pitted

Tortillas, for serving

## DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with foil and spray with cooking spray.
2. In a bowl, mix together the paprika, garlic powder, onion powder, thyme, salt, pepper, oregano, allspice, cumin, and cayenne.
3. Pat the wild Alaska pollock dry, coat in olive oil, and toss in the spice mix to fully coat.
4. Arrange fish on the prepared baking sheet and bake for 15 minutes, until cooked through. Remove from the oven, allow to cool slightly, then flake apart into pieces.
5. Meanwhile, prepare the beet-apple slaw. In a bowl mix together the grated beet, apple, 2 tablespoons of the cilantro, and 1 tablespoon lime juice.
6. Prepare the avocado crema. Put the crema, avocado, and remaining 1/2 cup cilantro and 3 tablespoons lime juice into a food processor or blender. Blend until fully combined and smooth.
7. To serve, warm the tortillas and layer the blackened Wild Alaska pollock, beet-apple-slaw, and avocado crema.

## HEALTHWISE +

Omega-3s reduce the effects of rheumatoid arthritis

# WILD ALASKA POLLOCK WITH WATERMELON-STRAWBERRY BRUSCHETTA



Wild, Natural & Sustainable®

**Yield:** 4

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes



## NUTRIENTS

### Per Serving:

222 calories  
10g total fat  
5g saturated fat  
85 calories from fat  
90mg cholesterol  
26g protein  
10g carbohydrate  
1g fiber  
574mg sodium  
204mg calcium  
110mg omega-3 fatty acids

## INGREDIENTS

### Watermelon-Strawberry Bruschetta Topping:

2 cups diced watermelon  
1 cup sliced strawberries and chopped yellow tomatoes  
1 cup chopped yellow pear tomatoes  
1/4 cup fat-free crumbled feta cheese  
1/4 cup chopped fresh basil or mint leaves  
Drizzle of balsamic vinegar  
Freshly ground pepper, to taste

### Wild Alaska Pollock:

2 Tablespoons Dijon mustard  
2 Tablespoons ghee, melted or avocado oil  
4 (4-6 ounce) wild Alaska pollock fillets  
1/4 cup shredded Parmesan cheese, plus extra for garnish  
1 bunch fresh arugula, washed and spun dry

## DIRECTIONS

1. Preheat oven to 400°F.
2. Mix Dijon and melted ghee in a small bowl. Cut wild Alaska pollock fillets to fit in a spray-coated baking pan, and brush with Dijon mixture, coating top surface evenly. Sprinkle 1 tablespoon Parmesan on each fillet. Bake for 8 to 10 minutes, just until fish is opaque throughout.
3. To serve, evenly distribute arugula on dinner plates, top with fish and spoon bruschetta topping over the fillets. Drizzle balsamic vinegar and sprinkle with pepper.

## HEALTHWISE +

Vitamin D, omega-3s and high-quality protein keep bones strong by absorbing key nutrients to maintain bone density

# WAFFLED WILD ALASKA POLLOCK CAKES WITH POACHED EGG & AVOCADO



Yield: 4  
Active Time: 30 minutes  
Total Time: 30 minutes



## NUTRIENTS

### Per Serving:

366 calories  
22g total fat  
4g saturated fat  
194 calories from fat  
285mg cholesterol  
26g protein  
20g carbohydrate  
8g fiber  
726mg sodium  
113mg calcium  
440mg omega-3 fatty acids

## INGREDIENTS

- |   |   |
|---|---|
| 4 (4-6 ounce) wild Alaska pollock fillets   | 2 tablespoons minced chives               |
| 1/4 cup sorghum flour                       | 1/2 teaspoon ground turmeric              |
| 5 eggs, divided                             | 1/2 teaspoon kosher salt                  |
| 4 ounces finely chopped kale, stems removed | 1/4 teaspoon freshly cracked black pepper |
| 3 tablespoons finely chopped fresh parsley  | 2 avocados, sliced, for serving           |
|   | Lemon wedges, for serving                 |

## DIRECTIONS

1. Add wild Alaska pollock, sorghum flour, 1 egg, turmeric, salt, and pepper into a food processor. Pulse until finely chopped and combined but not puréed. Stir in finely chopped kale, parsley, and chives. (Alternatively, you can finely chop all ingredients by hand, gently flaking the fish, and bind together without a processor).
2. Heat a waffle iron on high according to manufacturer's directions. Spray waffle iron plates with nonstick cooking spray.
3. Divide wild Alaska pollock mixture into 4 evenly sized patties. Working with one patty at a time, place in the center of the waffle iron (it won't fill it). Close tightly and cook for about 3 minutes or until cooked through, evenly browned, and just starting to get crispy at the edges.
4. Meanwhile, poach the remaining 4 eggs.
5. Serve each waffled wild Alaska pollock cake with a poached egg, 1/2 sliced avocado, lemon wedge, and pea tendrils.

## HEALTHWISE +

Omega-3s and high-quality protein support athletic performance and recovery

# CITRUS MACADAMIA WILD ALASKA POLLOCK LETTUCE WRAPS



Wild, Natural & Sustainable®

**Yield:** 4

**Prep Time:** 10 minutes

**Cook Time:** 6 minutes



## NUTRIENTS

### Per Serving:

362 calories  
18g total fat  
3g saturated fat  
161 calories from fat  
104mg cholesterol  
32g protein  
22g carbohydrate  
4g fiber  
349mg sodium  
66mg calcium  
290mg omega-3  
fatty acids

## INGREDIENTS

### Salsa:

1-1/2 cups fresh or canned  
pineapple tidbits (in juice), drained  
1-1/2 cups fresh mango/peach/  
nectarine, cut in bite-sized pieces  
1 Tablespoon each minced jalapeno  
pepper and red onion  
Juice of lime half

### Wild Alaska Pollock:

4 (4-6 ounce) wild Alaska pollock fillets,  
each cut into 3 strips to fit lettuce leaves  
1 Tablespoon each grated orange and  
lime zest  
2 Tablespoons grated ginger  
Salt and pepper, to taste  
2 Tablespoons avocado oil, as needed  
12 large Butter lettuce leaves  
2 Tablespoons tahini  
1/4 cup chopped macadamia nuts  
2 radishes, julienned  
1 lemon, quartered (for garnish)

## DIRECTIONS

1. In a glass or other microwave-safe bowl, combine all ingredients for salsa and set aside.
2. Rub wild Alaska pollock fillets with citrus zests and ginger; season lightly with salt and pepper. Heat a large pan over medium-high heat. Sauté fillets in avocado oil until lightly browned, turning once during cooking (about 2 to 3 minutes per side). Cook just until fish is opaque throughout.
3. Divide fillets among lettuce leaves; top with radish. Drizzle on tahini. Garnish with macadamia nuts. Serve with tropical salsa.

## HEALTHWISE +

Vitamin A, vitamin D and omega-3s  
improve vision and prevent  
age-related macular degeneration

# FALL ABUNDANCE BOWL WITH WILD ALASKA POLLOCK & SPICY CASHEW SAUCE



**Yield:** 4

**Prep Time:** 2-1/2 hours

**Cook Time:** 1 hour



## NUTRIENTS

### Per Serving:

878 calories  
37g total fat  
6g saturated fat  
331 calories from fat  
35mg cholesterol  
29g protein  
118g carbohydrate  
12g fiber  
1267mg sodium  
256mg calcium  
320mg omega-3  
fatty acids

## INGREDIENTS

### Cashew Sauce:

1 cup raw, unsalted cashews  
2-1/2 cups water, plus more as needed  
1/4 cup lime juice  
1/4 teaspoon salt  
1/2 teaspoon sriracha, or to taste

### Sorghum:

4 cups bone broth  
1/2 teaspoon salt, or to taste  
1 cup sorghum, rinsed and drained

### Vegetables:

Olive oil (for the baking sheet)  
1 large sweet potato, scrubbed and diced  
into 1-inch pieces

1/4 head of cauliflower, broken into florets  
3 medium parsnips, peeled and diced into  
1-inch pieces  
3 medium carrots, peeled and sliced into  
oblique cuts  
12 Brussels sprouts, halved  
1 cup canned chickpeas, rinsed and drained  
3 tablespoons olive oil  
Salt and pepper, to taste  
1 tablespoon balsamic vinegar  
1 tablespoon lime juice

### Wild Alaska Pollock:

4 (4-6 ounce) wild Alaska pollock fillets  
2 tablespoons lime juice  
1-1/2 teaspoons smoked paprika

## DIRECTIONS

1. In a bowl, combine cashews with 2 cups of water. Soak at room temperature for at least 2 hours to soften. Drain and transfer to a blender or food processor. Add the remaining 1/2 cup water, lime juice, salt, and sriracha and purée on high speed until smooth and creamy, scraping down the sides with a spatula as needed. Taste and add more salt, if you like. If the sauce is very thick, thin it with additional water.
2. In a large saucepan, bring bone broth to a boil. Add salt to taste. Add sorghum and adjust heat to a simmer. Cover with a lid and simmer for 55 to 60 minutes, or until tender and slightly chewy. Drain the excess liquid in a strainer. (Cooked sorghum can be stored in the refrigerator for up to one week and reheated in the microwave).
3. Preheat the oven to 450°F. Lightly oil a rimmed baking sheet. Spread vegetables on baking sheet. Drizzle with 2 tablespoons of olive oil, and sprinkle with salt and pepper. Rub the oil into vegetables to coat them.

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## FALL ABUNDANCE BOWL WITH WILD ALASKA POLLOCK & SPICY CASHEW SAUCE

recipe continued

### DIRECTIONS CONTINUED

4. Roast vegetables for 20 to 25 minutes, or until tender and lightly caramelized. Sprinkle with vinegar and lime and toss vegetables together. Taste and add more salt and pepper, if desired.
5. Meanwhile, line a second rimmed baking sheet with parchment. Place the wild Alaska pollock fillets on the baking sheet and sprinkle with lime juice. Drizzle tops with the remaining 1 tablespoon of oil, and sprinkle with salt and pepper. Bake for 8 to 10 minutes, or until fish is opaque and flakes easily with a fork. Let rest for 5 minutes (the temperature will rise a few degrees while fish rests). Spoon pan juices over the fillets and sprinkle with smoked paprika.
6. To assemble the bowls, place a spoonful of cooked sorghum in each bowl. Arrange a generous spoonful of vegetables, 1/4 cup chickpeas, and a piece of fish on top. Serve with the cashew sauce on the side or drizzled on top.

### HEALTHWISE +

Omega-3s reduce the effects of chronic digestive disorders and inflammation

# THAI-INSPIRED WILD ALASKA POLLOCK MEATBALLS WITH SWEET POTATO NOODLES AND ALMOND BUTTER SAUCE



**Yield:** 4 to 6

**Active Time:** 40 minutes

**Total Time:** 40 minutes

## INGREDIENTS

- |   |  |
|---|--|
| 4 ounces shredded cabbage                         | 1 teaspoon grated lime zest  |
| 1 large carrot (about 4 ounces)                   | 1/2 teaspoon salt  |
| 4 ounces chard (about 5 leaves),<br>stems removed | 2 eggs   |
| 4 (4-6 ounce) wild Alaska pollock fillets         | 1/2 cup almond butter  |
| 1/2 cup ground flaxseed                           | 3 tablespoons olive oil, divided                                     |
| 1/4 cup roughly chopped fresh cilantro            | 2 tablespoons freshly squeezed lime juice                            |
| 1/4 cup sliced scallions                          | 1 tablespoon plus 1 teaspoon low-sodium<br>soy sauce                 |
| 2 tablespoons chopped fresh mint                  | 12 ounces sweet<br>potato noodles<br>(store-bought<br>or spiralized) |
| 1 tablespoon sesame oil                           |  |
| 2 teaspoons fish sauce                            |  |
| 2 teaspoons grated fresh ginger, divided          |  |
| 1 teaspoon grated garlic                          |  |

## HEALTHWISE +

Omega-3s advance  
developing fetal brain and  
eyes during pregnancy



## NUTRIENTS

### Per Serving:

477 calories  
32g total fat  
4.5g saturated fat  
289 calories from fat  
107mg cholesterol  
23g protein  
27g carbohydrate  
10g fiber  
991mg sodium  
198mg calcium  
2800mg omega-3  
fatty acids

## DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Add cabbage, carrot, and chard to the bowl of a food processor and pulse until finely minced. Add wild Alaska pollock, flaxseed, cilantro, scallions, mint, sesame oil, fish sauce, 1 teaspoon grated ginger, garlic, lime zest, salt, and egg and pulse until finely chopped and combined.
3. Form mixture into approximately 34 meatballs and arrange on prepared baking sheet. Bake for 20 minutes or until cooked through and evenly browned. Remove from oven.
4. Meanwhile, thoroughly clean the food processor bowl and make the almond butter sauce. Add almond butter, 2 tablespoons olive oil, lime juice, soy sauce, and remaining 1 teaspoon grated ginger to the food processor bowl, along with 1/4 cup water, and blend until smooth.
5. Heat remaining 1 tablespoon olive oil in a large pan over medium heat. Add sweet potato noodles and sauté 4 to 6 minutes or until tender but still al dente. Remove from heat and toss with almond butter sauce (option to toss also with meatballs). Top with wild Alaska pollock meatballs and enjoy.



For more recipes and tips on how to cook  
Alaska seafood, visit [www.wildalaskaseafood.com](http://www.wildalaskaseafood.com)

**#AskForAlaska**



311 N Franklin Street, Suite 200  
Juneau, AK 99801-1147  
(800) 478-2903  
(907) 465-5560



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