

Alaska Pollock Burrito Bowl with Poblano Rice and Pineapple Salsa

Meat/Meat Alternate-Grains-Beans/Peas

Main Dish

64 Servings			
Ingredients	Weight	Measure	Directions
Alaska pollock block	16.5 pounds	1 block	<p>Simply place each unwrapped frozen block into a 4-inch full-size hotel pan and slack out in the refrigerator overnight. If the block doesn't quite fit down into the pan when frozen, it will drop down when it has slacked out.</p> <p>Cover the hotel pan with parchment paper and then seal the pan tightly with foil. Bake in a pre-heated 425°F convection oven for 1 hour.</p> <p>Remove the foil, reduce the oven temperature to 400°F, and bake for an additional 30 minutes, or until the internal temperature just reaches 165°F. Do not overcook. CCP: Cook to a minimum internal temperature of 165°F.</p> <p>Pour off any liquid in the pan. CCP: Hold hot at 135°F or higher.</p>
Chipotle chilies in adobo, canned		12 ounces	<p>Meanwhile, puree the chipotle chilies in adobo, lime juice, canola oil, sugar, Mexican oregano, salt, onion powder and garlic powder. Pour the chipotle lime sauce over the cooked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. CCP: Hold hot at 135°F or higher.</p>
Lime juice		2 cups	
Canola oil		½ cup	
Sugar		½ cup	
Mexican oregano, dried		2 tablespoons	
Salt		1 tablespoon	
Onion powder		1 tablespoon	
Garlic powder		2 teaspoon	
Water		1 gallon	
Diced green chilies, canned	2 pounds 4 ounces	1 quart	
Fresh cilantro, packed		1 quart	
Onion powder		2 tablespoons	
Salt		1 tablespoon 1 teaspoon	
Granulated garlic		1 tablespoon 1 teaspoon	
Canola oil		½ cup	
Brown rice, medium grain	5 pounds 4 ounces	3 quarts	

Black beans, canned, low sodium, with liquid	2 gallons	Place the black beans in a stock pot and bring to a low boil over medium-high heat, then reduce heat to a simmer. CCP: Cook to a minimum internal temperature of 165°F. CCP: Hold hot at 135°F.
Pineapple, diced	4 pounds 8 ounces	
Red onion, small dice	1 pound	Combine the diced pineapple, red onion, fresh cilantro, and jalapeño peppers. CCP: Hold cold at 41°F or below.
Cilantro, fresh, chopped	1 ½ cups	
Jalapeño peppers, fresh, minced	3 each	Assembly: For each portion place ½ cup rice, ½ cup black beans, and 3 oz. chipotle lime Alaska pollock in a bowl. Top with ¼ cup pineapple salsa.

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 1 oz. equivalent grains, ½ cup beans/peas

Nutrients Per Serving					
Calories	390	Cholesterol	53 g	Dietary Fiber	12 g
Total Fat	5 g	Sodium	619 mg	Sugars	5 g
Saturated Fat	1 g	Total Carbohydrates	61 g	Protein	26 g