



ALASKA POLLOCK PROVENÇAL

1 serving = 1 Alaska pollock portion and 2 heaping tablespoons Provençal Topping | One serving provides 2 ounce equivalent lean meat/meat alternate, 1/8 cup red/orange vegetable.
Values could vary based on the specific seafood and vegetable products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® portions (unbreaded, 2.6 ounces each)	1	10	50
Provençal Topping (recipe follows)	2 heaping tablespoons	2 cups	10 cups
Cooking spray (olive or canola oil)			

Preparation

- Prepare Provençal Topping.
- Spray sheet pan with cooking spray. Place frozen Alaska pollock portions on pan and spoon 2 heaping tablespoons of Provençal Topping over each portion.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F. Do not overcook!

Flexible Service Options

- Serve with a side of short pasta, such as orzo or rotini, seasoned with olive oil. Additional Provençal Topping may also be added to the pasta to increase red/orange vegetable subgroup.
- Serve with rice pilaf.

PROVENÇAL TOPPING

Serving size: 2 heaping tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Canned whole roma tomatoes, drained and chopped	1½ cups	7½ cups
Kalamata olives, pitted and roughly chopped	¼ cup plus 2 tablespoons	1¾ cups
Capers, drained and rinsed	3 tablespoons plus 1 teaspoon	1 cup plus 2 teaspoons
Garlic, minced	¾ teaspoon	1 tablespoon plus 1 teaspoon
Lemon zest	2 teaspoons	3 tablespoons plus 1 teaspoon
Lemon juice	1 teaspoon	1 tablespoon plus 2 teaspoons
Red wine vinegar	1 teaspoon	1 tablespoon plus 2 teaspoons
Italian parsley, roughly chopped	2 tablespoons	2/3 cup
Kosher salt	To taste	To taste

Preparation

- Combine all ingredients; add salt to taste.
- May be made 1 day ahead and refrigerated.

