



# Genuine Alaska Pollock

## ALASKA POLLOCK SPRING ROLLS

**1 serving = 1 spring roll and ¼ cup dipping sauce** | One spring roll provides 2 ounce equivalent lean meat/meat alternate, ⅛ cup red/orange vegetable, ⅛ cup dark green vegetable. Values could vary based on the specific seafood, vegetable, and grain products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® portions (unbreaded, 2.6 ounces each)	1	10	50
Pickled Carrots (recipe on back)	2 tablespoons	1¼ cups	6¼ cups
Rice noodles (thin)	2 tablespoons	1¼ cups	6¼ cups
Nuoc Cham or Soy Sesame Dipping Sauce (recipes on back)	¼ cup	2½ cups	12½ cups
Cilantro	2 sprigs	20 sprigs	100 sprigs
Mint	2-3 leaves	20-30 leaves	100-150 leaves
Romaine lettuce, shredded	¼ cup	2½ cups	12½ cups
Spring roll wrappers	1	10	50
Cooking spray (olive or canola oil)			

### Preparation

*Pickled Carrots, rice noodles, and Alaska pollock portions should be made one day ahead and refrigerated, before assembling spring rolls.*

- Prepare Pickled Carrots.
- Cook rice noodles according to manufacturer's instructions. Reserve ½ cup of noodle water and drain noodles well. Place noodles in a shallow pan. Add reserved water, one tablespoon at a time, until just moistened. Cover with plastic wrap and refrigerate at least 2 hours or overnight.
- Spray sheet pan with cooking spray. Place frozen Alaska pollock portions on pan.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F. Do not overcook!
- Refrigerate uncovered, until internal temperature reaches a minimum of 40°F; then cover with plastic wrap and refrigerate.

### Assembly

- Prepare Nuoc Cham or Soy Sesame Dipping Sauce.
- Cover a sheet pan with plastic wrap and set aside.
- Drain Pickled Carrots and rice noodles well, and set aside.
- Remove Alaska Pollock portions from refrigerator and cut each portion lengthwise into three pieces. Set aside.
- Soften spring roll wrappers one at a time by soaking in water, approximately 15 seconds, until they are soft and pliable. Do not over soak.

*Continued on back side.*



*Great Fish  
for Great Kids!*



## ALASKA POLLOCK SPRING ROLLS *Continued*

### Assembly *continued*

- Place one spring roll wrapper on cutting board.
- Place 2 tablespoons of Pickled Carrots horizontally in the center of the spring roll wrapper.
- Place three Alaska pollock portion pieces on top of the carrots.
- Top fish with 2 sprigs of cilantro, 2 or 3 mint leaves, approximately 2 tablespoons of the rice noodles, and ¼ cup shredded romaine.
- Holding the edge of the spring roll wrapper closest to you, pull that edge up and over the filling, rolling once tightly.
- Fold sides of wrapper toward the center and continue rolling, resulting in the edges being tucked into a tight roll.
- Place damp paper towels on the sheet pan lined with plastic wrap.
- Place the completed spring rolls on the damp paper towels; cover with more damp paper towels as you go, ensuring that the rolls do not dry out. Cover sheet pan with plastic wrap.
- Make at least 2 hours prior to serving and refrigerate. May be made 1 day ahead. Before serving, cut each roll in half on the diagonal. Serve with ¼ cup dipping sauce.

### PICKLED CARROTS

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Water	2⅔ cups	13⅓ cups
Rice vinegar	¼ cup	1¼ cups
Granulated sugar	¼ cup	1¼ cups
Kosher salt	½ teaspoon	2½ teaspoons
Chili flakes	½ teaspoon	2½ teaspoons
Carrots, shredded	1⅓ cups	6⅔ cups

### Preparation

- Combine all ingredients except carrots in a saucepan and bring to a simmer, stirring occasionally to dissolve the sugar.
- Place carrots in a bowl and pour heated mixture over the carrots, submerging them completely; cool to room temperature.
- Make at least 2 hours prior to serving and refrigerate. May be made up to 3 days ahead. Drain well before assembling spring rolls.

### NUOC CHAM

#### (Traditional Spring Roll Dipping Sauce)

Serving size: ¼ cup

Ingredient	10 SERVING	50 SERVINGS
Lime juice	2 cups	10 cups
Fish sauce	¾ cup	3¾ cups
Rice vinegar	¼ cup	1¼ cups
Cilantro, chopped	¼ cup	1¼ cups
Garlic, minced or paste	2 tablespoons plus 2 teaspoons	¾ cup plus 1 tablespoon
Granulated sugar	1 cup	5 cups

### Preparation

- Combine all ingredients, stirring well to dissolve sugar.
- Refrigerate at least 1 hour prior to serving.
- May be made 1 day ahead and refrigerated.

### SOY SESAME DIPPING SAUCE

Serving size: ¼ cup

Ingredient	10 SERVINGS	50 SERVINGS
Soy sauce (low sodium)	2 cups	10 cups
Rice vinegar	1⅓ cups	6⅔ cups
Toasted sesame oil (Asian)	3 tablespoons plus 1 teaspoon	1 cup
Granulated sugar	3 tablespoons plus 1 teaspoon	1 cup

### Preparation

- Combine all ingredients, stirring well to dissolve sugar.
- May be made up to 3 days ahead and refrigerated. Bring to room temperature before serving.

