



ALASKA POLLOCK WITH INDIAN CURRIED VEGETABLES

1 serving = 1 Alaska pollock portion and ½ cup vegetables | One serving provides

2 ounce equivalent lean meat/meat alternate, ⅛ cup beans/peas, ⅛ cup red/orange vegetable, ⅛ cup other 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
Indian Spiced Yogurt Dressing (recipe follows)	1 tablespoon	½ cup plus 2 tablespoons	3 cups plus 2 tablespoons
Indian Curried Vegetables (recipe on back)	½ cup	5 cups	25 cups

Preparation

- Prepare Indian Spiced Yogurt Dressing and Indian Curried Vegetables. May be made 1 day ahead and refrigerated.
- Spray a sheet pan with cooking spray. Place frozen Alaska pollock portions on pan and top each portion with 1 tablespoon Indian Spiced Yogurt Dressing.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F.
- Top each fish portion with ½ cup warm Indian Curried Vegetables.

Flexible Service Options

- Serve with a side of brown basmati rice.
- Serve with a warm whole-grain roll or breadstick.

INDIAN SPICED YOGURT DRESSING

Serving size: 1 tablespoon

Ingredient	10 SERVINGS	50 SERVINGS
Yogurt (plain, fat-free)	½ cup	2½ cups
Garam masala	½ teaspoon	2½ teaspoons
Sweet paprika	½ teaspoon	2½ teaspoons
Coriander	½ teaspoon	2½ teaspoons
Turmeric	½ teaspoon	2½ teaspoons
Cayenne pepper (optional)	pinch	⅛ teaspoon
Lemon juice	2 teaspoons	3 tablespoons plus 1 teaspoon
Ginger, minced	½ teaspoon	2½ teaspoons
Garlic, minced	1 teaspoon	1 tablespoon plus 2 teaspoons
Kosher salt	¼ teaspoon	1¼ teaspoons

Preparation

- Stir all ingredients together.
- Make at least 2 hours prior to serving and refrigerate. May be made up to 3 days ahead.



Great Fish for Great Kids!



Genuine Alaska Pollock

ALASKA POLLOCK WITH INDIAN CURRIED VEGETABLES *Continued*

INDIAN CURRIED VEGETABLES

Serving size: ½ cup

Ingredient	10 SERVINGS	50 SERVINGS
Olive or canola oil	2 teaspoons	3 tablespoons plus 1 teaspoon
White or yellow onion, diced	2 cups	10 cups
Garlic, minced	1 tablespoon plus 1 teaspoon	½ cup plus 4 teaspoons
Tomato paste	2 teaspoons	3 tablespoons plus 1 teaspoon
Curry powder	1 teaspoon	1 tablespoon plus 2 teaspoons
Cumin	1 teaspoon	1 tablespoon plus 2 teaspoons
Ground ginger	½ teaspoon	2½ teaspoons
Kosher salt	1 teaspoon	1 tablespoon plus 2 teaspoons
Turmeric	1½ teaspoons	2 tablespoons plus 1½ teaspoons
Water	2½ cups	12½ cups
Corn or potato starch	1 tablespoon	5 tablespoons
Sweet potato, peeled and cut into small dice	2 cups	10 cups
Cauliflower, cut into bite-sized pieces	3 cups	15 cups
Canned garbanzo beans, rinsed and drained	3½ cups	17½ cups
Canned coconut milk (light, unsweetened)	1 cup	5 cups
Mint, roughly chopped (for garnish)	¼ cup	1¼ cups
Italian parsley, roughly chopped (for garnish)	¼ cup	1¼ cups

Preparation

- Heat oil in a saucepan. Add onions and sauté until translucent.
- Add garlic, tomato paste, curry powder, cumin, ginger, salt and turmeric; stir to combine.
- In a separate container, whisk together water and starch.
- Add starch mixture and sweet potato to onion mixture; stir and bring to a boil.
- Stir in cauliflower and garbanzo beans and bring to boil.
- Reduce heat. Cover and simmer approximately 10 minutes until vegetables are just tender.
- Remove from heat. Stir in coconut milk.
- Garnish with parsley and mint.
- May be made 1 day ahead and refrigerated. If made 1 day ahead, reduce original cooking time to 5-7 minutes. Reheat before serving.

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