



## SPICY ALASKA POLLOCK SANDWICH

**1 serving = 1 sandwich** | One serving provides 2 ounce equivalent lean meat/meat alternate, ¼ cup dark green vegetable, 2 ounce equivalent whole grain or whole grain-rich product. 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
Master Honey-Citrus Glaze (recipe below)	1 teaspoon	3 tablespoons plus 1 teaspoon	1 cup plus 2 teaspoons
Spicy Buffalo Sauce (recipe on back)	1 tablespoon	½ cup plus 2 tablespoons	3 cups plus 2 tablespoons
Whole grain or whole grain-rich sandwich bun, warmed	1	10	50
Romaine lettuce, shredded	¼ cup	2½ cups	12½ cups
Cooking spray (olive or canola oil)			

### Preparation

- Prepare Master Honey-Citrus Glaze and Spicy Buffalo Sauce.
- Spray a sheet pan with cooking spray. Place frozen Alaska pollock portions on pan and brush with Master Honey-Citrus Glaze.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F. Do not overcook!
- Spread top and bottom of bun with Spicy Buffalo Sauce.
- Place fish portion on bottom half of bun; top with lettuce and replace bun top.



### MASTER HONEY-CITRUS GLAZE

Serving size: 1 teaspoon

Ingredient	10 SERVINGS	50 SERVINGS
Frozen orange juice concentrate, room temperature	1 tablespoon plus 1 teaspoon	⅓ cup
Orange juice, reconstituted from concentrate or natural	1 tablespoon plus 1 teaspoon	⅓ cup
Spicy brown mustard	¾ teaspoon	1 tablespoon
Granulated garlic	¼ teaspoon	1¼ teaspoons
Ground ginger	⅛ teaspoon	¾ teaspoon
Honey	1 tablespoon plus 1 teaspoon	⅓ cup

### Preparation

- Mix all ingredients together except honey.
- Add honey and stir.
- Refrigerate if not used immediately. May be made up to 2 weeks ahead. Stir before using.

*Great Fish  
for Great Kids!*



Genuine Alaska Pollock

## SPICY ALASKA POLLOCK SANDWICH *Continued*

### SPICY BUFFALO SAUCE

Serving size: 1 tablespoon

Ingredient	10 SERVINGS	50 SERVINGS
Hot sauce (Frank's RedHot® or Tapatio®)	¼ cup	1¼ cups
Blue cheese or ranch dressing (yogurt-based or low-fat)	½ cup	2½ cups

### Preparation

- Mix hot sauce and dressing together. Increase hot sauce for spicier flavor.
- Make at least 30 minutes prior to serving. May be made up to 3 days ahead and refrigerated. Stir before serving.

*Great Fish  
for Great Kids!*