



ALASKA POLLOCK ASIAN RICE BOWL

1 serving = 1 cup rice, ½ cup vegetables and 4 Alaska pollock nuggets | One serving provides 2 ounce equivalent lean meat/meat alternate, ¼ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, 3 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® nuggets (1 ounce each)	4	40	200
Asian Vegetables (recipe follows)	½ cup	5 cups	25 cups
Asian Rice (recipe follows)	1 cup	10 cups	50 cups

Preparation

- Prepare Asian Vegetables and Asian Rice.
- Cook Alaska pollock nuggets according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. Do not overcook!
- Portion 1 cup of Asian Rice into a bowl, boat or carry-out container, add ½ cup of Asian Vegetables, and top with 4 Alaska pollock nuggets.

ASIAN VEGETABLES

Serving size: ½ cup

Ingredient	10 SERVINGS	50 SERVINGS
Broccoli, cabbage and carrot slaw	3¾ cups	18¾ cups
Carrots, julienned or shredded	1¼ cups	6¼ cups
Teriyaki sauce (low sodium)	⅓ cup	1⅔ cups
Chicken broth (low or no sodium)	1 cup	5 cups

Preparation

- Mix slaw and carrots together in a steamer pan.
- Mix teriyaki sauce and chicken broth together and pour mixture over vegetables; stir to blend.
- Lightly steam vegetables to a moderate crunch.

ASIAN RICE

Serving size: 1 cup

Ingredient	10 SERVINGS	50 SERVINGS
Cooked enriched white rice	5 cups	25 cups
Cooked brown rice	5 cups	25 cups
Teriyaki sauce (low sodium)	1¼ cups	6¼ cups

Preparation

- Mix cooked white and brown rice together and stir in teriyaki sauce.
- May be made 1 day ahead and refrigerated. Before serving, reheat to 165°F, stirring at least once.



Great Fish for Great Kids!