

# Lemon Tahini Alaska Pollock Flatbread Tacos

Meat/Meat Alternate-Grains-Other Vegetable

Main Dish

64 Servings			
Ingredients	Weight	Measure	Directions
Alaska pollock block	16.5 pounds	1 block	<p>Simply place each unwrapped frozen block into a 4-inch full-size hotel pan and slack out in the refrigerator overnight. If the block doesn't quite fit down into the pan when frozen, it will drop down when it has slacked out.</p> <p>Cover the hotel pan with parchment paper and then seal the pan tightly with foil. Bake in a pre-heated 425°F convection oven for 1 hour.</p> <p>Remove the foil, reduce the oven temperature to 400°F, and bake for an additional 30 minutes, or until the internal temperature just reaches 165°F. Do not overcook. CCP: Cook to a minimum internal temperature of 165°F.</p> <p>Pour off any liquid in the pan. CCP: Hold hot at 135°F or higher.</p>
Olive oil		½ cup	<p>Combine the olive oil, fresh lemon juice, Za'atar spice blend and black pepper. Pour the lemon olive oil mixture over the cooked Alaska pollock and break up until the seasonings are evenly distributed while keeping the fish chunky. CCP: Hold hot at 135°F or higher.</p>
Lemon juice		½ cup	
Za'atar spice blend		¼ cup	
Black pepper		1 tablespoon	
Lemon juice		2 cups	
Garlic, minced		1 tablespoon	<p>Whisk together the lemon juice and garlic in a container, and let sit for 5 minutes to mellow the garlic. Add the water, sesame tahini and salt. Whisk, or blend with an immersion blender, until smooth. CCP: Hold cold at 41°F or below.</p>
Water		2 cups	
Sesame tahini		4 cups	
Salt		2 teaspoons	
6-inch square whole grain flatbreads (2 oz. each), warmed		64 each	
Cucumber, small dice		1 gallon	<p>Assembly: For each portion place 3 oz. Za'atar spiced Alaska pollock down the center of a flatbread. Top with ¼ cup diced cucumber, 2 tablespoons thin julienne red onion, and 1 tablespoon flat leaf parsley.</p>
Red onions, thin julienne		2 quarts	
Flat leaf parsley, rough chop		1 quart	
			Drizzle with 2 tablespoons Lemon Tahini Sauce.

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 2 oz. equivalents grains, 3/8 cup other vegetable

<b>Nutrients Per Serving</b>					
<b>Calories</b>	348	<b>Cholesterol</b>	53 g	<b>Dietary Fiber</b>	5 g
<b>Total Fat</b>	15 g	<b>Sodium</b>	564 mg	<b>Sugars</b>	3 g
<b>Saturated Fat</b>	2 g	<b>Total Carbohydrates</b>	32 g	<b>Protein</b>	22 g