Alaska Seafood Bowl

Recipes
WILD ALASKA SEAFOOD BOWLS
— an explosion of healthy global flavors built to help you focus on immunity, self-care, convenience and indulgence. They’re loaded with functional foods, so much so that every single bite is filled with mouth-watering good-for-you-ness. Leafy greens, hearty grains, fresh veggies, and easy and delicious dressings and sauces, all topped with one of the many unmatched quality seafood species from Alaska’s waters.
Crispy Alaska Pollock & Spicy Hanoi Noodle Bowl

**Prep Time:** 30 minutes  
**Cook Time:** 10 minutes  
**Servings:** 4

**Directions**

1. Prepare noodles by soaking in warm water, according to package directions. (If using instant noodles, follow package directions.) Toss with 1 Tbsp olive oil, then keep warm until serving or refrigerate until needed (up to 3 days).

2. Bake seasoned battered Alaska Pollock fish fillets according to package directions; keep warm.

3. For each serving: Spread 2-3 cups mixed greens on the bottom of the bowl; drizzle 1 Tbsp of dressing over the greens. Place one-fourth of the prepared rice noodles over the greens.

4. Add one-fourth of the cucumber/tomato salad over and around the noodles. Drizzle vegetables with additional 1 Tbsp dressing. Add fish portions; serve with extra dressing.

**Optional Garnish:** Chopped roasted peanuts, dill sprigs, and/or lime wedges.

**NOTE:** Wild Alaska cod, salmon or halibut can be substituted. Noodles can be served chilled or warm. For spicier flavor, add more chilies.

**Ingredients**

**FOR THE SAUCE/DRESSING:**
1 (10-12 oz) bottle Asian-style, sesame-ginger or honey-ginger dressing

**FOR THE RICE NOODLES:**
8 oz flat white rice (medium Bhan Pho style) noodles or instant soba/ramen noodles

**FOR THE SALAD:**
2 c seedless cucumber, halved lengthwise, then thin-sliced  
2 c cherry/pear tomatoes, halved  
½ c red onion, half-moon slivered

**FOR THE POLLOCK:**
4 (4-5 oz ea) seasoned battered frozen Alaska pollock portions (or 1 lb frozen beer battered Alaska pollock fish sticks)

8-12 c mixed greens

**OPTIONAL GARNISH ★**
Honey-Pom Red Pepper Glazed Alaska Cod Quinoa & Lentil Bowl

Prep Time: 30 minutes  Cook Time: 20 minutes (quinoa and red lentils each take 15-20 min)  Servings: 4

Directions
1. Cook quinoa and lentils according to package directions. In a medium bowl, gently mix quinoa and lentils. Season to taste with salt and pepper. Toss with olive oil.
2. Preheat oven to 425°. In a mixing bowl, toss the cut Brussels sprouts with olive oil, then place evenly onto a large spray-coated or foil-lined sheet pan. Season with salt and pepper. Roast 8-10 minutes, until golden brown and edges are slightly charred.
3. Reduce oven temp to 400°F. Season Alaska cod with salt and pepper; place on a spray-coated or foil-lined baking sheet. Spread 1 Tbsp of balsamic dressing over the top of each fillet and bake for 5-6 minutes until it is a light golden-brown color and the sauce thickens. Remove and keep warm.
4. For each serving: Spread 2-3 cups mixed greens on the bottom of a large single-serving bowl; drizzle with 1 Tbsp dressing. Toss 1 cup quinoa mixture in a bowl with ½ Tbsp of dressing; place over the greens. Toss one-fourth of the Brussels sprouts with some pomegranate seeds and place over the quinoa mixture. Add cod fillet to the bowl; drizzle with ¼ cup dressing over all.

★ Optional Garnish: Cilantro and lemon wedges.

Ingredients
Your favorite prepared balsamic/honey dressing
Pomegranate seeds
FOR THE GRAINS:
2 c cooked red (or tri-color) quinoa
2 c cooked red (or green) lentils
Salt and pepper, to taste
2 Tbsp extra virgin olive oil
FOR THE VEGETABLE:
4 c (about 20 oz) Brussels sprouts, halved
1 Tbsp extra virgin olive oil
Salt and pepper, to taste
FOR THE COD:
4 (4-5 oz ea) Wild Alaska cod fillets
Salt and pepper, to taste
8-12 c mixed greens

★ Optional Garnish: Cilantro and lemon wedges.
Char-Grilled Alaska Salmon Rice Bowl with Peanut Sauce

Prep Time: 30 minutes  |  Cook Time: 10 minutes  |  Servings: 4

**Directions**

1. Toss warm rice with nigella or black sesame seed, olive oil and salt/pepper. Refrigerate, covered, if not using immediately.

2. Heat grill over medium–high heat. Rub canola oil on grill grates and metal skewers. Skewer salmon. Brush fish with additional canola oil, then salt/pepper to taste. Cook for a few minutes each side, until slightly charred. Remove skewers from the grill.

3. For each serving: Place 2–3 cups mixed greens in the bottom of a large single-serving bowl. Add ¾ cup rice. Add 3 small dollops of sauce onto greens and rice. Place 1 cup of cucumber tomato salad around the rice. Add a skewer of salmon, and 1 Tbsp sauce.

   ✶ Optional Garnish: Chopped green onions, crushed peanuts, and/or crispy fried garlic.

**NOTE:** Wild Alaska cod or halibut may be substituted for salmon.

**Ingredients**

- Prepared or bottled Thai peanut sauce
- FOR THE CUCUMBER TOMATO SALAD:
  - 2 c English cucumber, halved lengthwise, then thin–sliced
  - 2 c cherry/pear tomatoes, halved
  - ½ c red onion, slivered
- FOR THE RICE:
  - 3 c cooked brown rice, warm
  - ¼ tsp nigella seed or black sesame seed
  - ½ Tbsp extra virgin olive oil
  - Salt and pepper, to taste
- FOR THE SALMON:
  - 4 (4–5 oz ea) Wild Alaska salmon fillets, quartered
  - 2 tsp canola oil (plus more for brushing on salmon)
  - Salt and pepper, to taste
- 8-12 c mixed greens

**OPTIONAL GARNISH ✶**
Caramelized Pineapple Ginger Alaska Rockfish & Gingered Brown Rice Bowl

Prep Time: 30 minutes  |  Cook Time: 10 minutes  |  Servings: 4

Directions

1. In a sauté pan, heat the coconut oil until hot, then carefully add drained pineapple in an even layer. Cook until caramelized, about 6-8 minutes. Remove pineapple to cool. Once cool, it may be added to bottled dressing.

2. In a bowl, mix together rice, ginger, salt and pepper to taste, and olive oil.

3. Heat a cast-iron pan until hot. Toss snap peas or peppers with olive oil to coat; add to pan. Cook and char slightly on both sides. Remove vegetables to cool slightly; season with salt and pepper.

4. Heat oven to 400°. Season Alaska rockfish with salt. Melt coconut oil and pineapple sauce in a small, oven-proof sauté pan (reserve 1/4 cup of the sauce for the mixed greens). Place fish in the pan, glaze over the top and bake approximately 4-5 minutes until cooked through.

5. For each serving: While fish is baking, place 2-3 cups mixed greens in the bottom of a large single-serving bowl. Drizzle with 1 Tbsp of caramelized pineapple sauce. Add 1/2 cup gingered rice and 1/2 cup snap peas or peppers. Add the rockfish; drizzle sauce on top.

*Optional Garnish: Quartered limes, sliced green onion, and/or togarashi chili powder.

Ingredients

**FOR THE SAUCE:**
- 1 lb pineapple, finely-diced (or 20 oz can pineapple tidbits)
- 1 (10-12 oz) bottle honey-ginger or sesame-ginger dressing

**FOR THE RICE:**
- 2 c cooked brown rice, warm
- 1/2 tsp ground ginger
- Salt and pepper, to taste
- 1 Tbsp extra virgin olive oil

**FOR THE VEGETABLE:**
- 2 c snap peas or shishito peppers
- 2 tsp extra virgin olive oil
- Salt and pepper, to taste

**FOR THE ROCKFISH:**
- 4 (4-5 oz ea) Wild Alaska rockfish fillets
- Salt, to taste
- 2 Tbsp coconut oil, melted
- 8-12 c mixed greens

OPTIONAL GARNISH
Preheat oven to 400°. Dice the sweet potatoes. Place in a mixing bowl, toss with olive oil and put evenly onto a parchment-lined sheet pan; season with salt and pepper. Roast 12-15 minutes until golden brown.

Add 2 quarts water and salt to a medium pot. Bring to a boil, add the soba noodles, cook for 4-5 minutes or until tender. Drain the noodles well; toss in a bowl with olive oil and place onto a sheet tray to cool.

Preheat broiler to 400°. Spread oil on a non-stick baking sheet, where fish will be placed. Evenly coat a fish portion with miso sesame aioli. Broil 4-5 minutes, several inches from heat, until light golden brown, and fish is cooked through. Be careful not to burn.

For each serving: Place 2-3 cups mixed greens at the bottom of a large single-serving bowl. In a mixing bowl, toss the soba noodles with 2 Tbsp yuzu ginger dressing and optional chives. Place noodles on top of the greens and add the roasted sweet potatoes. Place a sole fillet on top of the noodles. Pour on 1 Tbsp of dressing.

Optional Garnish: Lemon wedge, sesame seeds, seaweed snacks, and/or pickled ginger.

NOTE: Alaska cod, pollock, salmon, or halibut can be substituted. Cooking times may vary.
Citrus Alaska Salmon & Pearled Saffron Couscous Grain Bowl

Prep Time: 30 minutes  
Cook Time: 10 minutes  
Servings: 4

Directions

1. Place water, saffron, salt, pepper in medium pot; bring to a low simmer. Add the couscous and simmer for 7-9 minutes until tender. Drain couscous well; toss in a bowl with olive oil, then cool.

2. Quickly marinate salmon with 1 Tbsp each dressing and olive oil. In a nonstick sauté pan, season the salmon with salt and pepper, then sear the fish for 2-3 minutes on one side until it is a light golden-brown, flip the fish, and cook for a few minutes before removing it from the pan.

3. For each serving: Spread 2-3 cups mixed greens on the bottom of a large single-serving bowl; drizzle 1 Tbsp of dressing over the greens. In a mixing bowl, combine the couscous, 1 Tbsp of the dressing, and squeeze the juice of one lemon wedge into the mixture. Toss, then place couscous and cucumber tomato salad on top. Add salmon; spoon dressing over salmon.

✶ Optional Garnish: Dill sprigs, lemon wedges, and/or crispy fried garlic.

Ingredients

FOR THE SAUCE/DRESSING:
1 (10-12 oz) bottle sesame-ginger or yuzu Asian style dressing

FOR THE COUSCOUS:
½ tsp saffron threads (or turmeric) 
1 qt water 
1 c pearl couscous 
Salt and pepper, to taste 
2 tsp extra virgin olive oil 
4 lemon wedges

FOR THE SALAD:
2 c seedless cucumber, halved lengthwise, then thin-sliced 
2 c cherry/pear tomatoes, halved 
½ c red onion, slivered

FOR THE FISH:
4 (4-5 oz ea) Wild Alaska salmon fillets 
1 Tbsp extra virgin olive oil 
Salt and pepper, to taste

8-12 c bagged mixed greens
Smoky Harissa Baked Alaska Cod Bulgur Bowl
Prep Time: 25 minutes  Cook Time: 20 minutes  Servings: 4

Directions
1. Combine bulgur with garbanzo beans in a mixing bowl. Stir in juice from orange, olive oil, then season with salt and pepper.
2. Heat oven to 425°. Toss carrots with olive oil, then season with salt and pepper. Roast carrots for about 10 minutes on a parchment-lined baking sheet until golden brown and edges are slightly charred.
3. Reduce oven temperature to 400°. Season Alaska cod with salt; brush with 1 tablespoon olive oil. Bake on a non-stick baking sheet until cooked through, about 4-5 minutes, depending on thickness of fish.
4. For each serving: Place 2-3 cups of mixed greens in the bottom of a bowl. Evenly drizzle 1-2 Tbsp of harissa aioli onto greens. Place 1/4 of the total bulgur-beans mix over the greens. Spoon 1 Tbsp aioli where cod will be placed and add cod fillet. Place roasted carrots over the salad and around the cod. Brush cod with a teaspoon of olive oil. Sprinkle on some of the orange zest. Drizzle on additional 1 Tbsp aioli.

✶ Optional Garnish: Chopped fresh herbs.

NOTE: Wild Alaska pollock, salmon, or halibut may be substituted for cod.

Ingredients
Prepared harissa aioli
FOR THE BULGUR-BEANS:
3 c prepared bulgur wheat (or couscous)
1 (15 oz) can garbanzo beans, drained and rinsed
1 orange, juiced and zested
2 Tbsp extra virgin olive oil
Salt and pepper, to taste
FOR THE CARROTS:
1 lb tri-color carrots, large diced
2 Tbsp canola or olive oil
Salt and pepper, to taste
FOR THE FISH:
4 (4-5 oz ea) wild Alaska cod fillets
1 Tbsp extra virgin olive oil
Salt, to taste
8-12 c mixed greens

Optional Garnish
Spicy Alaska Pollock Surimi & Shishito Rice Bowl

Prep Time: 25 minutes  |  Cook Time: 6 minutes  |  Servings: 4

Directions

1. Heat a cast-iron or heavy bottom pan until hot. Toss peppers with olive oil to coat; add to the pan. Cook and char slightly on both sides. Remove vegetables to cool slightly; season with salt and pepper.

2. In a mixing bowl, toss the aioli, Wild Alaska pollock surimi, and the juice of lemon wedge until mixed.

3. Place 2-3 cups mixed greens in the bottom of a large single-serving bowl; drizzle on 1 Tbsp dressing. Toss 1 cup rice with 1 Tbsp dressing and 2 Tbsp green onions; place on top of greens. Add ½ cup charred peppers to one side of the rice. Place one-fourth of the pollock surimi on top of rice.

◆ Optional Garnish: Kimchi, pickled ginger, and sprinkle ¼ tsp of Nanami togarashi and/or 1 tsp furikake over the top. Place two seaweed snack sheets in a bowl. Serve with extra dressing.

NOTE: Substitute Alaska salmon for pollock surimi as a quick tossed salad. Can be eaten either cold or warm.

Ingredients

FOR THE DRESSING:
1 (10-12 oz) bottle sesame-ginger/Asian style sesame/honey-ginger dressing

FOR THE AIOLI:
½ c bottled sriracha-aioli/sriracha-ranch or spicy aioli

FOR THE RICE:
4 c cooked jasmine rice, warm
½ c chopped green onions

FOR THE VEGETABLE:
12 oz shishito peppers (or bell pepper slices or green beans)
2 tsp canola or olive oil
Salt & pepper, to taste

FOR THE POLLOCK SURIMI:
1-1 ¼ lb Wild Alaska pollock surimi (small pieces kept whole, large pieces broken up)
1 lemon wedge (or 2 tsp lemon juice)

8-12 c mixed greens

OPTIONAL GARNISH ◆
Peanut Tamarind Sauce

Yuzu Dressing

Honey-Pom Dressing

Harissa Aioli

Miso Sesame Aioli

Lime Chili Aioli

Carmelized Pineapple

PEANUT TAMARIND SAUCE

1/3 cup creamy peanut butter
1/3 cup boiling water
1 Tbsp tamarind paste
(1 Tbsp tamarind powder)
2 Tbsp rice vinegar
1 tsp chili garlic sauce
1 Tbsp honey
1/2 tsp ground ginger
1 tsp minced garlic

In a blender, combine hot water and tamarind paste and leave for 5 minutes to soften. Add all the remaining ingredients and blend on medium speed. Refrigerate for 3-4 days.

YUZU DRESSING

2 Tbsp rice vinegar
3 Tbsp ponzu or yuzu juice (or yuzu hot sauce, to taste)
3 Tbsp honey
2 tsp Dijon mustard
1 Tbsp white miso
1 tsp minced garlic
1 1/2 tsp fresh grated ginger
1/2 tsp salt
1/3 cup canola oil
1 Tbsp sesame oil
1/4 tsp black pepper

In a food processor, place the rice wine vinegar, yuzu juice, dijon mustard, honey, white miso, minced garlic, minced ginger, and kosher salt. Blend on medium speed for 25 seconds, until ingredients are finely pureed. Increase to medium/high speed and begin to slowly add both oils until velvety and smooth. Decrease speed to low and add the orange zest and ground black pepper and mix to combine.
HONEY-POM RED PEPPER GLAZED ALASKA COD QUINOA & LENTIL BOWL

1/2 tsp ground coriander
1 Tbsp extra virgin olive oil
1/2 cup honey
1 Tbsp pomegranate molasses
1/4 cup red bell pepper, finely diced
1/2 cup fresh lemon juice
2 Tbsp Urfa biber chili
1 Tbsp chopped cilantro, if desired

In a sauté pan, over low heat, toast crushed coriander seed for 15 seconds, add olive oil, honey, pomegranate molasses, lemon juice and bell pepper, bring to a simmer for 3 minutes, remove and cool. Add lemon zest, Urfa biber chili and cilantro. Reserve and refrigerate for 3-4 days.

SMOKEY HARISSA AIOLI SAUCE

1/2 lemon, zested and juiced
2 tsp harissa seasoning
1/4 cup mayonnaise
1/2 tsp ginger powder
1 1/2 tsp ras el hanout
Salt and pepper, to taste
1 Tbsp chopped fresh parsley

In a blender, combine the lemon zest, lemon juice, harissa, mayonnaise, fresh grated ginger, Ras El Hanout, olive oil, kosher salt, black pepper. Blend for 2-3 minutes, add chopped parsley, blend for 15 seconds. Refrigerate for 3-4 days.

SMOKY HARISSA BAKED ALASKA COD BULGUR BOWL

1/2 lemon, zested and juiced
3/4 cup mayonnaise
1 Tbsp harissa seasoning
1/2 tsp rice vinegar
1 tsp fresh grated ginger
1 Tbsp white miso
2 tsp sesame oil
Salt and pepper, if desired
2 tsp fresh chopped chives

In a blender, combine the lemon zest, lemon juice, mayonnaise, rice wine vinegar, fresh grated and chopped ginger, white miso sesame oil, kosher salt, black pepper. Blend for 2-3 minutes, add chopped chives, blend another 15 seconds. Refrigerate for 3-4 days.

HONEY-POM LEMON CHILI-PEPPER SAUCE

1/2 lemon, zested and juiced
2 tsp harissa seasoning
3/4 cup mayonnaise
1/2 tsp rice vinegar
1 tsp fresh grated ginger
1 Tbsp white miso
2 tsp sesame oil
Salt and pepper, to taste
1 Tbsp chopped fresh parsley

In a blender, combine the lemon zest, lemon juice, mayonnaise, rice wine vinegar, fresh grated ginger, white miso sesame oil, kosher salt, black pepper. Blend for 2-3 minutes, add chopped parsley, blend another 15 seconds. Refrigerate for 3-4 days.

LIME CHILI AIOLI

2 garlic cloves, peeled
1/2 tsp ginger powder
1/2 Fresno chili, seeded
1/2 serrano pepper, seeded
1 1/2 tsp rice vinegar
1/2 cup lime juice
1/4 cup sugar
2 Tbsp fish sauce
1/4 cup mayonnaise
1-2 Tbsp fresh dill, chopped

In a food processor, place the garlic cloves, fresh ginger, Fresno chili, serrano pepper, lime juice, granulated sugar, and fish sauce. Blend on medium speed for 25 seconds, until ingredients are finely pureed. Add mayonnaise and fresh dill, mix for another 20 seconds to combine. Refrigerate and reserve for 2-3 days.
CARAMELIZED PINEAPPLE SAUCE

20 oz canned pineapple tidbits, thoroughly drained
2 Tbsp coconut oil, divided
2 Tbsp garlic, finely chopped
½ cup red onions, finely chopped
¾ cup coconut aminos
½ cup tamari (or low-sodium soy sauce)
¼ cup honey
3 Tbsp bottled oyster sauce
¼ tsp ground ginger
3 bay leaves
2 tsp coarse ground black pepper

In a sauté pan, heat the coconut oil until hot, add the pineapple in an even layer and cook until caramelized for about 6-8 minutes. Remove pineapple, reduce heat, add garlic and onions and simmer for approximately 2-3 minutes until translucent. Add remaining ingredients and simmer for 5-8 minutes until it glazes back of spoon. Cool and add pineapple. Refrigerate for 3-4 days.
All the wildly wonderful fish from Alaska

**ALASKA SALMON:**
- King
- Coho
- Sockeye
- Keta
- Pink
- Salmon Roe

**ALASKA SHELLFISH:**
- Weathervane Scallop
- King Crab
- Snow Crab
- Dungeness Crab

**ALASKA WHITEFISH:**
- Halibut
- Sablefish
- Cod
- Alaska Pollock
- Rockfish
- Sole (Flounder)
- Atka Mackerel
- Herring
- Surimi Seafood