

**HEALTHY & FRESH**



**ALASKA SEAFOOD BOWLS**

**SO MANY SUSTAINABLE WILD-CAUGHT SPECIES  
SO MANY POSSIBILITIES**





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**WILD ALASKA SEAFOOD BOWLS** — an explosion of healthy global flavors in an easily executable and beloved format. Each bowl is a brilliantly delicious way to innovate around the consumer trends of 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 one-of-a-kind dressings and sauces, all topped with one of the many unmatched quality seafood species from Alaska's waters.

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# CRISPY WILD ALASKA POLLOCK SPICY HANOI NOODLE BOWL

**SERVINGS** 4 | **Prep Time:** 30 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Lime Chili Dressing</b>	¾ cup
<b>White Rice Flat Noodles</b>	8 oz
<b>Fresh Herb Mix</b>	1 cup
<b>Cucumber Tomato Salad</b>	14 oz
<b>Seasoned Wild Alaska Pollock,</b> 4 fillets, 4-5 oz each (or battered frozen prepared fillets)	1-1¼ lbs
Dill, fresh, torn into 1"-1½" pieces	4 sprigs
Roasted peanuts, chopped (optional)	1 Tbsp
Lime, quartered, seeded	1

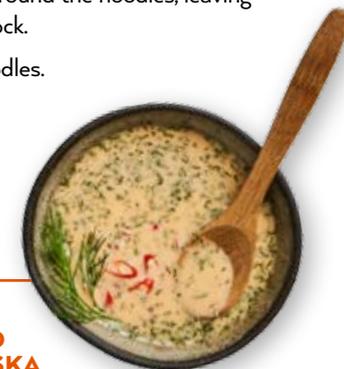
## ASSEMBLY

1. Prepare the dressing, noodles and vegetable recipes in advance and refrigerate up to 3 days.
2. Spread the **Mixed Greens** on the bottom of the bowl, drizzle 1 Tbsp of **Lime Chili Dressing** over the greens to build flavor. In a mixing bowl, toss the **Rice Noodles** with **Fresh Herb Mix**, ensuring all the noodles get dressed then place on top of the greens.
3. Place the **Cucumber Tomato Salad** over and around the noodles, leaving a space in the middle to place the Alaska pollock.
4. Place cooked Alaska pollock on top of the noodles.
5. Garnish with dill, peanuts, and a lime wedge. Serve with extra dressing, if desired.

## BOWL COMPONENTS

### LIME CHILI DRESSING

See inside back cover for recipe



### MIXED GREENS

Chopped greens 8 oz  
**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### WHITE RICE FLAT NOODLES

Water 6 qts  
 Kosher salt 1 Tbsp  
 Black pepper, finely ground ¼ tsp  
 White rice noodles 8 oz  
 (Medium Bhan Pho style)  
 Extra virgin olive oil 2 tsp  
**Directions:** Bring water, salt and pepper to a boil in a 8-10 quart pot and then immediately turn off the heat. Add the white rice noodles and let sit in the hot water for 6-8 minutes (do not break noodles by stirring too frequently). The noodles should be tender, not hard nor mushy. Strain the noodles, run under cold water and drain well. Toss noodles in a bowl with olive oil and place onto a sheet tray to cool. When cool, transfer to a container and refrigerate up to 3 days. Noodles can be served chilled or warm.

### FRESH HERB MIX

Chopped fresh herbs 1 cup  
**Directions:** Prepare a mixture of your favorite chopped fresh herbs (basil, mint, cilantro leaves, and chives) and refrigerate up to 3 days.

### CUCUMBER TOMATO SALAD

European cucumbers, peeled, cut in half, sliced ½" 6 oz  
 Mini mixed heirloom tomatoes, cut in half 6 oz  
 Red onion, cut in quarters, sliced ½" ½ oz  
 Extra virgin olive oil 1½ Tbsp  
 Rice wine vinegar 1½ Tbsp  
 Kosher salt 1½ tsp  
 Black pepper, finely ground ¼ tsp  
**Directions:** In a mixing bowl, combine the cucumbers, tomatoes, red onions, olive oil, rice wine vinegar, salt and pepper. Refrigerate up to 3 days.

### SEASONED WILD ALASKA POLLOCK

Rice flour 1¼ cups  
 Ground turmeric powder 1½ tsp  
 Smoked paprika 1 tsp  
 Kosher salt 1 tsp  
 Black pepper, finely ground ¼ tsp  
 Canola oil 2 cups  
 Wild Alaska pollock, 4 fillets, 4-5 oz each 1-1¼ lbs  
**Directions:** Mix rice flour, turmeric, smoked paprika, salt and pepper in a bowl. Reserve for coating Alaska pollock for frying. Heat canola oil in a 10"-12" pan to 350°F. In a small bowl, evenly coat the pollock with the seasoning flour, dusting it a few times as the moisture from the fish will continue to absorb the flour. Place the fish carefully into the hot oil and cook for approximately 3-4 minutes until it is a light golden-brown color. Remove and place onto a paper lined tray/cooling rack for one minute or place directly onto the bowl. Alternatively, you can use battered frozen prepared wild Alaska pollock fillets.

## NOTES

Wild Alaska cod, salmon or halibut can be substituted. Cooking times may vary. For spicier flavor, add more chilies. The fish can also be baked with a light spray of canola oil in a 475°F oven for 5-6 minutes, grilled or broiled.



# CARAMELIZED PINEAPPLE ADOBO WILD ALASKA ROCKFISH & GINGERED BROWN RICE BOWL

**SERVINGS** 4 | **Prep Time:** 30 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Caramelized Pineapple Adobo Sauce</b>	1½ cups
<b>Gingered Brown Rice</b>	2 cups
<b>Charred Snap Peas</b>	1¾ cups
<b>Adobo Wild Alaska Rockfish,</b> 4 fillets, 4-5 oz each	1-1¼ lbs
Lime, quartered, seeded	1
Green onions, thinly sliced ⅛"	½ cup
Nanami Togarashi chili powder	1 tsp

## ASSEMBLY

1. Prepare the sauce and vegetable recipes in advance and refrigerate up to 3 days. Rice can be made a day or two ahead.
2. Place the **Mixed Greens** evenly on the bottom of the bowl, drizzle 1 Tbsp of **Caramelized Pineapple Adobo Sauce** over the greens. Place the **Gingered Brown Rice** over the greens.
3. Place the **Charred Snap Peas** over and around the rice, leaving a space in the middle to place the Alaska rockfish.
4. Place seasoned cooked Alaska rockfish on top of the rice.
5. Pour remaining sauce from the pan over the Alaska rockfish. Garnish with a lime wedge and evenly distribute green onions and chili powder over the entire bowl to garnish.

## BOWL COMPONENTS

### CARAMELIZED PINEAPPLE ADOBO SAUCE

See inside back cover for recipe



### MIXED GREENS

Chopped greens	8 oz
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**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### GINGERED BROWN RICE

Brown rice	2 cups
Fresh ginger, sliced	¼ cup
Kosher salt	½ tsp
Black pepper, finely ground	¼ tsp
Extra virgin olive oil	1 Tbsp

**Directions:** Rinse rice 4-5 times until water runs clear. Place rice in a rice cooker with ginger, salt and pepper and cook following the instructions. Leave in the rice cooker for 30 minutes to let it rest. If serving hot, leave in rice cooker. If not, remove and place onto a sheet tray, drizzle with olive oil and gently break up while cooling. When cool, transfer to a container and refrigerate up to 3 days. Remove ginger slices before serving.

### CHARRED SNAP PEAS

Snap Peas	1 lb
Extra virgin olive oil	1 tsp
Kosher salt	2 tsp
Black pepper, finely ground	½ tsp

**Directions:** Heat a cast iron pan on high until very hot. In a bowl, toss snap peas with olive oil to barely coat and place flat on the surface of the cast iron pan. Cook and char slightly for 1-2 minutes. Using a spatula or long tongs, carefully flip over and cook for another 2 minutes. Remove and place on a sheet pan to cool and season with salt and pepper. Refrigerate up to 3 days.

### ADOBO WILD ALASKA ROCKFISH

Wild Alaska rockfish, 4 fillets, 4-5 oz each	1-1¼ lbs
Kosher salt	to season
Coconut oil, melted	6 tsp

**Directions:** Heat oven to 400°F. Season the Alaska rockfish with salt and place it into a small 8"-10" sauté pan (the smaller, the better, so the sauce does not over-reduce too quickly) with the melted coconut oil and **Caramelized Pineapple Adobo Sauce** ensuring the fish is covered. Bake approximately 4-5 minutes (depending on the thickness of the fish) until a light golden-brown color is achieved. The sauce should be a light glaze consistency (heat on stovetop burner to reduce the sauce, if necessary). Remove and place fish in middle of the bowl.

## NOTES

Wild Alaska cod, halibut or pollock can be substituted. Cooking times may vary.



# CHAR-GRILLED WILD ALASKA SALMON RICE BOWL WITH PEANUT TAMARIND SAUCE

**SERVINGS** 4 | **Prep Time:** 25 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Peanut Tamarind Sauce</b>	1 cup
<b>Nigella Scented Basmati Rice</b>	2½ cups
<b>Cucumber Tomato Salad</b>	14 oz
<b>Fresh Herb Mix</b>	1 cup
<b>Char-Grilled Wild Alaska Salmon</b>	1-1¼ lbs
4 fillets, 4-5 oz each	
Green onions, thinly sliced ⅛"	½ cup
Lime, quartered, seeded	1
Crispy fried garlic, prepared	to garnish
Peanuts, crushed	4 Tbsp
Chili garlic sauce, prepared	8 tsp

## ASSEMBLY

1. Prepare the vegetable, rice, and sauce recipes in advance and refrigerate up to 3 days. Prepare the Alaska salmon by cutting it in uniform pieces.
2. Place the **Mixed Greens** evenly on the bottom of the bowl, drizzle 1 Tbsp of **Peanut Tamarind Sauce** over the greens. Toss the **Nigella Scented Basmati Rice** with 2 Tbsp **Peanut Tamarind Sauce**, ensuring all the rice is evenly dressed, and place it in the bowl with the greens.
3. Place the **Cucumber Tomato Salad** and **Fresh Herb Mix** around the rice, leaving a space in the middle to place the salmon.
4. Place skewer of **Char-Grilled Alaska Salmon** on bowl.
5. Garnish with 1 Tbsp of **Peanut Tamarind Sauce**, green onions, a lime wedge, fried garlic and peanuts. Drizzle chili garlic sauce around rice and bowl.

## BOWL COMPONENTS

### PEANUT TAMARIND SAUCE

See inside back cover for recipe

### MIXED GREENS

Chopped greens	8 oz
<b>Directions:</b> Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.	

### NIGELLA SCENTED BASMATI RICE

Basmati rice	2 cups
Butter, melted	¼ cup
Nigella seed	½ tsp
Kosher salt	2 tsp
Extra virgin olive oil	1 Tbsp

**Directions:** Cook 2 cups uncooked rice. In a small saucepan, melt butter over medium low heat and add nigella seed. Toast for 2-3 minutes until fragrant, pour over rice and fluff. Remove and place onto a sheet tray, gently break the rice up and ensure the Nigella seed and butter is evenly distributed. Cover with plastic wrap to cool and capture moisture. If serving hot, place immediately back into the rice cooker. When cool, transfer to a container and refrigerate up to 3 days.

### CUCUMBER TOMATO SALAD

European cucumbers, peeled, cut in half, sliced ⅛"	6 oz
Mini mixed heirloom tomatoes, cut in half	6 oz
Red onion, cut in quarters, sliced ⅛"	½ oz
Extra virgin olive oil	1½ Tbsp
Rice wine vinegar	1½ Tbsp
Kosher salt	1½ tsp
Black pepper, finely ground	¼ tsp

**Directions:** In a mixing bowl, combine the cucumbers, tomatoes, red onions, olive oil, rice wine vinegar, salt and pepper. Refrigerate up to 3 days.

### FRESH HERB MIX

Chopped fresh herbs	1 cup
<b>Directions:</b> Prepare a mixture of your favorite chopped fresh herbs (basil, mint, cilantro leaves, and chives) and refrigerate up to 3 days.	

### CHAR-GRILLED WILD ALASKA SALMON

Wild Alaska salmon, 4 fillets, 4-5 oz each	1-1¼ lbs
Canola oil	½ tsp
Kosher salt	to taste
Black pepper, finely ground	to taste

**Directions:** Rub canola oil on skewer and Alaska salmon and evenly skewer fish down the middle. Season with more oil, salt, and pepper to taste, ensuring that it is evenly coated. Heat a grill and cook on both sides until it is cooked through and has a slight char and smoky flavor. Remove skewer or leave the fish on the skewer and place on top of the rice.

## NOTES

Wild Alaska cod or halibut can be substituted. Cooking times may vary. Optionally, add chili garlic sauce or Sambal Oelek to spice it up.



# SPICY WILD ALASKA SURIMI SEAFOOD SHISHITO RICE BOWL



**NOTES**  
Substitute with wild Alaska salmon as a quick tossed salad. Can be eaten both cold and warm.



**SERVINGS** 4 | **Prep Time:** 25 minutes | **Cook Time:** 10 minutes | **Total Time:** 35 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Yuzu Ginger Dressing</b>	1 cup
Jasmine rice, cooked	20 oz
Green onions, thinly sliced 1/8"	1/2 cup
<b>Charred Shishito Peppers</b>	1 cup
<b>Miso Sesame Wild Alaska Surimi Seafood</b>	1-1 1/4 lbs
<b>Miso Sesame Aioli</b>	4 Tbsp
Kimchi	6 oz
Sweet pickled ginger	4 Tbsp
Aji nori furikake	2 tsp
Nanami togarashi	2 tsp
Seasoned seaweed snack sheets	8
Lemon, quartered, seeded	1

## ASSEMBLY

1. Prepare the dressing, vegetable recipes and surimi salad in advance and refrigerate up to 3 days.
2. Spread the **Mixed Greens** evenly on the bottom of the bowl, drizzle 1 Tbsp of **Yuzu Ginger Dressing** over the greens to build flavor. In a mixing bowl, toss the rice with 2 Tbsp of **Yuzu Ginger Dressing** and green onions and place on top of the greens.
3. Place the **Charred Shishito Peppers** on one side of the rice.
4. Place the **Miso Sesame Wild Alaska Surimi Seafood** on top of the rice.
5. Garnish with kimchi, sweet pickled ginger and sprinkle 1/4 tsp of nanami togarashi and 1 tsp of Aji nori furikake over the top. Place two seaweed snack sheets in bowl. Serve with extra dressing, if desired.

## BOWL COMPONENTS

### MIXED GREENS

Chopped greens 8 oz  
**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### CHARRED SHISHITO PEPPERS

Shishito peppers 1 lb  
Extra virgin olive oil 1 tsp  
Kosher salt 2 tsp  
Black pepper, finely ground 1/2 tsp  
**Directions:** Heat a cast iron pan on high until very hot. In a bowl, toss peppers with olive oil to barely coat and place flat on the surface of the cast iron pan. Cook and char slightly for 1-2 minutes. Using a spatula or long tongs, carefully flip over and cook for another 2 minutes. Remove and place on a sheet pan to cool and season with salt and pepper. Refrigerate up to 3 days.

### YUZU GINGER DRESSING

See inside back cover for recipe



### MISO SESAME AIOLI

See inside back cover for recipe



### MISO SESAME WILD ALASKA SURIMI SEAFOOD

Wild Alaska surimi seafood 1-1 1/4 lbs  
(small pieces whole, large pieces broken up)  
**Miso Sesame Aioli** 1 Tbsp  
Lemon wedge, juiced 1  
**Directions:** In mixing bowl, toss the Miso Sesame Aioli, wild Alaska surimi seafood and the juice of one fresh lemon wedge until mixed.

# SMOKY HARISSA BAKED WILD ALASKA COD BULGUR BOWL



## NOTES

Wild Alaska pollock, salmon, or halibut can be substituted. Cooking times may vary. Traditional couscous could be used here in place of the bulgur.

**SERVINGS** 4 | **Prep Time:** 30 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Smoky Harissa Aioli</b>	1¼ cup
<b>Bulgur Wheat</b>	20 oz
Garbanzo beans, rinsed and drained	1 10-oz can
Oranges, 1 cut into 8 wedges, 1 zested and juiced	2
Ras el hanout	½ tsp
<b>Fresh Herb Mix</b>	1 cup
Extra virgin olive oil	2 tsp
<b>Roasted Carrots</b>	14 oz
<b>Seasoned Wild Alaska Cod,</b> 4 fillets, 4-5 oz each lbs	1-1¼ lbs

## ASSEMBLY

1. Prepare the vegetable, aioli, grain recipes in advance and refrigerate up to 3 days.
2. Place the **Mixed Greens** on the bottom of the bowl, drizzle 1 Tbsp of the **Smoky Harissa Aioli** over the greens. Combine the **Bulgur Wheat** and garbanzo beans in a mixing bowl with the juice from the zested orange. Place on top of the greens. In a separate bowl, mix ras el hanout, **Fresh Herb Mix**, and olive oil. Then place in a neat pile over the grains. Place 1 Tbsp of **Smoky Harissa Aioli** where the Alaska cod will be placed.
3. Place the **Roasted Carrots** over and around the bulgur wheat mixture.
4. Place the **Seasoned Wild Alaska Cod** on top of the bulgur wheat mixture.
5. Drizzle 1 tsp of olive oil and 1 tsp orange zest over the top of the fish and dish, then drizzle 2 Tbsp of **Smoky Harissa Aioli** around the grains and garnish with an orange wedge. Serve with extra dressing, if desired.

## BOWL COMPONENTS

### SMOKY HARISSA AIOLI

See inside back cover for recipe



### MIXED GREENS

Chopped greens 8 oz  
**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### BULGUR WHEAT

Bulgur wheat 1 ½ cups  
Water 3 ½ cups  
Kosher salt 2 tsp  
Black pepper, finely ground ¼ tsp  
Extra virgin olive oil 4 tsp  
**Directions:** Place bulgur, water, salt and pepper and 2 tsp olive oil in an 8-10-quart sauce pot and bring to a simmer; cook slowly for 12-15 minutes. The grain will be tender, slightly puffed and still have some bite. Strain the bulgur, toss in a bowl with 2 tsp olive oil and place onto a sheet tray to cool. When cool, transfer to a container and refrigerate up to 3 days.

### FRESH HERB MIX

Chopped fresh herbs 1 cup  
**Directions:** Prepare a mixture of your favorite chopped fresh herbs (basil, mint, cilantro leaves, and chives) and refrigerate up to 3 days.

### ROASTED CARROTS

Tricolor carrots, diced ¾" 24 oz  
Extra virgin olive oil 2 tsp  
Kosher salt 1½ tsp  
Black pepper, finely ground ½ tsp  
**Directions:** In a mixing bowl, toss the carrots with olive oil and place evenly onto a parchment lined sheet pan. Evenly season with salt and pepper. Preheat oven to 500°F, high convection if possible. Cook for 12-15 minutes until golden brown and edges are slightly charred. Cool directly on sheet pan. When cool, transfer to a container and refrigerate up to 3 days.

### SEASONED WILD ALASKA COD

Wild Alaska cod, 4 fillets, 4-5 oz each 1-1¼ lbs  
Kosher salt ½ tsp  
Extra virgin olive oil 1 Tbsp  
**Directions:** Heat oven to 400°F. Season the Alaska cod with salt and olive oil ensuring all sides are covered, place onto a small non-stick baking sheet, bake approximately 4-5 minutes (depending on the thickness of the fish) until cooked, remove.

# MISO & YUZU WILD ALASKA SOLE SOBA NOODLE BOWL



## NOTES

Wild Alaska cod, pollock, salmon, or halibut can be substituted. Cooking times may vary. Noodles can be served chilled or warm. Add Nanami Togarashi for spice.

**SERVINGS** 4 | **Prep Time:** 30 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Yuzu Ginger Dressing</b>	½ cup
<b>Soba Noodles</b>	20 oz
Chives, chopped ½"	¼ cup
<b>Roasted Sweet Potatoes</b>	4 oz
Avocados, each cut into 8 wedges	2
<b>Miso Sesame Aioli</b>	4+2+1 Tbsp
<b>Broiled Miso Alaska Sole</b> (use two each per portion— 2 to 2½ oz pieces)	1-1¼ lbs
Lemon, quartered, seeded	1
Toasted sesame seeds or furikaki	4 tsp
Seasoned seaweed snack sheets	8
Pickled ginger	4 Tbsp

## ASSEMBLY

1. Prepare the vegetable, dressing, aioli, noodle and potato recipes in advance and refrigerate up to 3 days.
2. Spread the **Mixed Greens** on the bottom of the bowl. In a mixing bowl, toss the **Soba Noodles** with 2 Tbsp of the **Yuzu Ginger Dressing** and chives, ensuring all the noodles get evenly dressed. Place on top of the greens.
3. Place the **Roasted Sweet Potatoes** over and around the noodles, leaving a space in the middle to place the Alaska sole. Place the avocado wedges to one side of the noodles.
4. Place the **Broiled Miso Alaska Sole** on top of the noodles.
5. Garnish with 1 Tbsp of dressing, lemon wedge, sesame seeds, seaweed snacks, and ginger.

## BOWL COMPONENTS

### MIXED GREENS

Chopped greens	8 oz
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**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### SOBA NOODLES

Water	6 qts
Kosher salt	1 Tbsp
Black pepper, finely ground	¼ tsp
Soba noodles	8 oz
Extra virgin olive oil	2 tsp

**Directions:** Place water, salt and pepper in and 8-10-quart pot and bring to a boil, add the soba noodles and cook for 4-5 minutes until tender. Drain the noodles well; toss in a bowl with olive oil and place onto a sheet tray to cool. When cool, transfer to a container and refrigerate up to 3 days.

### ROASTED SWEET POTATOES

Sweet potatoes or yams, diced ¾"	1 lb
Extra virgin olive oil	2 Tbsp
Kosher salt	1 tsp
Black pepper, finely ground	½ tsp
Honey	1 Tbsp

**Directions:** Preheat oven to 500°F. In a mixing bowl, toss the sweet potatoes with olive oil and place evenly onto a parchment lined sheet pan. Evenly season with salt and pepper. Cook for 12-15 minutes until golden brown and edges are slightly charred. Remove and drizzle honey evenly over the top. Cool, cover and refrigerate. May be served warm or cold.

### BROILED MISO WILD ALASKA SOLE

Wild Alaska sole	1-1¼ lbs
<b>Miso Sesame Aioli</b>	4 Tbsp
Canola oil	2 tsp

**Directions:** Preheat broiler to 500°F. Spread oil on a non-stick baking sheet. Evenly coat the Alaska sole with the Miso Sesame Aioli, ensuring semi-thick even coverage. Broil for approximately 3-4 minutes until light golden brown. Be careful not to burn.

### YUZU GINGER DRESSING

See inside back cover for recipe



# CITRUS WILD ALASKA SALMON & PEARLED SAFFRON COUSCOUS BOWL



**SERVINGS** 4 | **Prep Time:** 30 minutes | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

## INGREDIENTS

<b>Mixed Greens</b>	8 oz
<b>Yuzu Ginger Dressing</b>	1 ½ cup
<b>Pearled Saffron Couscous</b>	2 cups
<b>Fresh Herb Mix</b>	1 cup
<b>Cucumber Tomato Salad</b>	14 oz
<b>Yuzu Ginger Wild Alaska Salmon,</b> 4 fillets, 4-5 oz each	1-1 ¼ lbs
Dill sprigs, 1"	8
Lemon, quartered, seeded	2
Crispy fried garlic, prepared	to garnish

## ASSEMBLY

1. Prepare the dressing and vegetable recipes in advance and refrigerate up to 3 days.
2. Spread the **Mixed Greens** evenly on the bottom of the bowl, drizzle 1 Tbsp of **Yuzu Ginger Dressing** over the greens to build flavor. In a mixing bowl, combine the **Pearled Saffron Couscous**, **Fresh Herb Mix** and 1 Tbsp of the **Yuzu Ginger Dressing**, squeeze the juice of one lemon wedge into the mixture, and toss and place over the greens.
3. Spoon the **Cucumber Tomato Salad** evenly over the couscous, leaving a space in the middle to place the wild Alaska salmon.
4. Place the salmon in the middle of the bowl.
5. Place 2 Tbsp of **Yuzu Ginger Dressing** around the base of the grains and the bowl, garnish with dill, a lemon wedge, and crispy garlic.

## BOWL COMPONENTS

### YUZU GINGER DRESSING

See inside back cover for recipe



### MIXED GREENS

Chopped greens 8 oz

**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### FRESH HERB MIX

Chopped fresh herbs 1 cup

**Directions:** Prepare a mixture of your favorite chopped fresh herbs (basil, mint, cilantro leaves, and chives) and refrigerate up to 3 days.

### YUZU GINGER WILD ALASKA SALMON

Wild Alaska salmon, 4 fillets, 4-5 oz each 1-1 ¼ lbs

**Yuzu Ginger Dressing** 4 Tbsp

Extra virgin olive oil 4 tsp

Kosher salt to taste

Black pepper, finely ground to taste

**Directions:** Quickly marinate the Alaska salmon with 1 Tbsp **Yuzu Ginger 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 color, flip the fish, and turn off the heat to let it cook for another minute before taking it out of the pan.

### PEARLED SAFFRON COUSCOUS

Water 4 qts

Saffron threads ½ tsp

Kosher salt 1 tsp

Black pepper, finely ground ¼ tsp

Pearl couscous 1 ½ cups

Extra virgin olive oil 2 tsp

**Directions:** Place water, saffron, salt, and pepper in an 8-10 quart pot and bring to a low simmer for 5 minutes. Add the couscous and simmer for 7-9 minutes until tender. Strain the couscous and drain well, toss in a bowl with olive oil and place onto a sheet tray to cool. When cool, transfer to a container and refrigerate up to 3 days.

### CUCUMBER TOMATO SALAD

European cucumbers, peeled, cut in half, sliced ⅛" 6 oz

Mini mixed heirloom tomatoes, cut in half 6 oz

Red onion, cut in quarters, sliced ⅛" ½ oz

Extra virgin olive oil 1 ½ Tbsp

Rice wine vinegar 1 ½ Tbsp

Kosher salt 1 ½ tsp

Black pepper, finely ground ¼ tsp

**Directions:** In a mixing bowl, combine the cucumbers, tomatoes, red onions, olive oil, rice wine vinegar, salt and pepper. Refrigerate up to 3 days.

## NOTES

Substitute with wild Alaska pollock, salmon, surimi or halibut.

Cooking times may vary.

# HONEY-POM RED PEPPER WILD ALASKA COD QUINOA & LENTIL BOWL



## NOTES

Wild Alaska pollock, salmon, or halibut can be substituted. Cooking times may vary. This dish would also be wonderful baked in a tagine and served with freshly cooked squash, zucchini, or pumpkin.

**SERVINGS** 4 | **Prep Time:** 30 minutes\* | **Cook Time:** 10 minutes | **Total Time:** 40 minutes

\*quinoa and red lentils each take 15-20 minutes

## INGREDIENTS

Mixed Greens	8 oz
Honey-Pom Lemon Chili Pepper Sauce	1½ cups
Red Quinoa, cooked	4½ cups
Red Lentils, cooked	3¾ cups
Roasted Brussels Sprouts	20 oz
Pomegranate seeds (optional add-in with Brussels Sprouts)	½ cup
Cilantro leaves, fresh	to garnish
Honey-Pom Wild Alaska Cod, 4 fillets, 4-5 oz each lbs	1-1¼ lbs
Extra virgin olive oil	2 Tbsp
Lemon, quartered, seeded	1

## ASSEMBLY

1. Prepare the sauce, quinoa, lentils and vegetable recipes in advance and refrigerate up to 3 days.
2. Spread the **Mixed Greens** evenly on the bottom of the bowl, drizzle 1 Tbsp of **Honey-Pom Lemon Chili Pepper Sauce** over the greens to build flavor. Toss the quinoa and lentils in a bowl with 1 Tbsp of sauce and place over the greens.
3. Toss the **Roasted Brussels Sprouts** and optional pomegranate seeds with the cilantro and place them over the quinoa and lentils, leaving a space in the middle to place the Alaska cod. Extra pomegranate seeds may be added here as an option.
4. Place cooked **Honey-Pom Wild Alaska Cod** on top and drizzle with ¼ cup of sauce and 1 tsp of olive oil. Garnish with a lemon wedge.

## BOWL COMPONENTS

### MIXED GREENS

Chopped greens	8 oz
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**Directions:** Prepare a mix of your favorite chopped fresh greens (baby spinach, baby arugula, red cabbage, savory cabbage, baby bok choy) and refrigerate up to 3 days.

### RED QUINOA

Red quinoa	1½ cups
Water	4 qts
Kosher salt	1 Tbsp
Black pepper, finely ground	¼ tsp
Extra virgin olive oil	2 tsp

**Directions:** Add quinoa, water, salt and pepper in an 8-10-quart sauce pot, bring to a low simmer and cook for 15-18 minutes. Strain and drain well, toss in a bowl with olive oil and place onto a sheet tray to cool. When cool, transfer to a container and refrigerate up to 3 days.

### ROASTED BRUSSELS SPROUTS

Roasted brussels sprouts, halved	20 oz
Extra virgin olive oil	2 tsp
Kosher salt	1½ tsp
Black pepper, finely ground	½ tsp

**Directions:** Preheat oven to 500°F, high convection if possible. In a mixing bowl, toss the brussels sprouts with olive oil and place evenly onto a parchment lined sheet pan. Season with salt and pepper. Cook for 8-10 minutes until golden brown and edges are slightly charred. Cool down at room temperature, cover and refrigerate up to 3 days. May be served warm or cold.

### HONEY-POM WILD ALASKA COD

Wild Alaska cod, 4 fillets, 4-5 oz each	1-1¼ lbs
Kosher salt	to taste
Black pepper, finely ground	to taste
Honey-Pom Lemon Chili Pepper Sauce	1 Tbsp

**Directions:** Heat oven to 400°F. Season the Alaska cod with salt and pepper and place in a small 8"-10" sauté pan. Spread 1 Tbsp of **Honey-Pom Lemon Chili Pepper Sauce** over the top of each fillet and bake 5-6 minutes until a light golden-brown color is achieved and the sauce becomes a thick glaze consistency. Remove and place fish on top of each bowl.

### HONEY-POM LEMON CHILI PEPPER SAUCE

See inside back cover for recipe



Honey-Pom Lemon Chili  
Pepper Sauce

Peanut Tamarind  
Sauce

Smoky Harissa  
Aioli

Miso Sesame  
Aioli

Lime Chili  
Dressing

Yuzu Ginger  
Dressing

Caramelized Pineapple  
Adobo Sauce

# SAUCES

Each of these dressings and sauces are crazy good, while wrapping the base, veggies and seafood all together. Make extra, you'll be glad you did.

## LIME CHILI DRESSING

**Servings:** 8

Garlic cloves, peeled	1 oz
Ginger, fresh, chopped	1 Tbsp
Fresno chili, deseeded	1
(or 3 Red Thai Chili)	
Serrano pepper, deseeded	1
(or 3 Green Thai Chili)	
Lime juice	½ cup
Granulated white sugar	½ cup
Fish sauce	¼ cup
Mayonnaise	1 cup
Dill, fresh, chopped	3 Tbsp

**Directions:** In a blender or food processor, blend the garlic, ginger, Fresno chili, serrano pepper, lime juice, sugar, and fish sauce on medium speed for 25-30 seconds until ingredients are finely pureed. Add mayonnaise and dill, blend for another 20 seconds to combine. Refrigerate up to 3 days.

## CARAMELIZED PINEAPPLE ADOBO SAUCE

**Servings:** 4 - 6

Coconut oil	1 Tbsp
Fresh pineapple, diced ½"	1 lb
Garlic, finely chopped	2 Tbsp
Red onions, finely chopped	½ cup
Coconut aminos	¾ cup
Tamari	½ cup
Honey	½ cup
Oyster sauce	3 Tbsp
Ground ginger	¼ tsp
Bay leaf	3 whole
Black pepper, coarse ground	2 tsp

**Directions:** In a 12" sauté pan, heat the coconut oil until hot and add the pineapple in an even layer. Cook until caramelized, about 6-8 minutes. Remove pineapple, reduce heat and add garlic and onions and sweat for approximately 2-3 minutes until translucent. Add remaining ingredients and simmer for 5-8 minutes or until sauce glazes back of spoon. Cool and add pineapple. Refrigerate up to 4 days.

## PEANUT TAMARIND SAUCE

**Servings:** 4 - 6

Boiling water	1 ¼ cups
Tamarind paste	½ cup
Creamy peanut butter	1 ¼ cups
Rice wine vinegar	½ cup
Tamarind sauce	¼ cup
Chili garlic sauce	4 tsp
Honey	¼ cup
Ginger, chopped	2 Tbsp
Garlic, minced	1 Tbsp
Fresh chive, chopped	2 Tbsp

**Directions:** In a blender, combine boiling water and tamarind paste and let sit for 5 minutes to soften. Add all the remaining ingredients and blend on medium speed. Refrigerate up to 4 days.

## YUZU GINGER DRESSING

**Servings:** 12

Rice wine vinegar	¼ cup
Yuzu juice or ponzu	½ cup
Dijon mustard	1 ½ Tbsp
Honey	½ cup
White miso	2 Tbsp
Garlic, minced	2 tsp
Ginger, fresh grated	1 Tbsp
Kosher salt	1 tsp
Canola oil	10 oz
Sesame oil	2 Tbsp
Orange zest	2 tsp
Black pepper, finely ground	½ tsp

**Directions:** In a blender or food processor, combine the vinegar, yuzu juice, mustard, honey, miso, garlic, ginger, salt and blend on medium speed for 25-30 seconds until ingredients are finely pureed. Increase speed to medium/high speed and begin to add both oils slowly until emulsified and velvety. Decrease speed to low and add the orange zest and pepper; mix to combine. Refrigerate up to 3 days.

## MISO SESAME AIOLI

**Servings:** 12

Lemon, zested & juiced	1
Mayonnaise	1 ½ cups
Rice wine vinegar	1 Tbsp
Fresh ginger, grated	2 tsp
White miso	2 Tbsp
Sesame oil	1 Tbsp
Kosher salt	¼ tsp
Black pepper, finely ground	⅛ tsp
Fresh chives, chopped ⅛"	1 Tbsp

**Directions:** In a blender or food processor, combine the lemon zest and juice, mayonnaise, vinegar, ginger, miso, sesame oil, salt, and pepper. Blend for 2-3 minutes, add chives, blend another 15 seconds. Refrigerate up to 3 days.

## SMOKY HARISSA AIOLI

**Servings:** 12

Lemon, zested & juiced	1
Harissa paste, prepared	6 Tbsp
Mayonnaise	1 ¼ cups
Fresh ginger, grated	1 Tbsp
Ras el hanout	1 Tbsp
Extra virgin olive oil	1 Tbsp
Kosher salt	1 tsp
Black pepper, finely ground	¼ tsp
Parsley leaves, chopped	2 Tbsp

**Directions:** In a small blender or food processor, combine the lemon zest, lemon juice, harissa, mayonnaise, ginger, ras El hanout, olive oil, salt, and pepper. Blend for 2-3 minutes, add parsley, blend 15 seconds, reserve. Refrigerate up to 4 days.

## HONEY-POM LEMON CHILI PEPPER SAUCE

**Servings:** 6 - 8

Coriander seed, crushed	1 tsp
Extra virgin olive oil	2 tsp
Honey	½ cup
Pomegranate molasses	1 Tbsp
Lemons, zested & juiced	2 each
Red bell pepper, finely diced ⅛" - ¼"	6 oz
Urfa biber chili	2 Tbsp
Cilantro, chopped	1 Tbsp

**Directions:** 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. Refrigerate up to 3 days.



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