

Polynesian Seafood Fillet

FISH WITH PINEAPPLE AND GREEN PEPPER SALSA



Ingredients

Pollock Fillets	25 Fillets
Pineapple, Canned (Chunks or tidbits, drained)	4 Cups
Red or White Onions, Diced	1 1/2 Cups
Green or Red Bell Peppers, Diced	1 1/2 Cups
Parsley or Cilantro, Fresh Chopped (garnish)	
Seasoned Salt	

NUTRITIONAL VALUE

Calories: 242
Fat: 2 g
Cholesterol: 99 mg
Sodium: 233 mg

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Method of Preparation *

1. Preheat oven/steamer according to manufacture instructions. Another method of preparation used for this recipe is poaching (refer to the steaming and poaching training video)
2. Place fish on sheet pan or 2" long pan and lightly season fish with seasoned salt. Ensure the seasoning is evenly coated on the fish.
3. Place fish in the steamer and cook according to manufacture instructions or until done, 145F for 15 seconds. Remove from steamer and place in a 2" long pan.
4. Drain Pineapples, Dice Onions and Bell Peppers.
5. Prepare the salsa by mixing the Pineapples, Onions and Bell Peppers together.
6. Top each fish with approximately 1 1/2 oz. of salsa and serve.

* Refer to the Cooking Pollock video for method of preparation.

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