

Fish Veracruz



Ingredients

Pollock Fillets	25 Fillets
Tomatoes, Fresh, Diced	4 Cups
Red or White Onions, Diced	1/4 Cup
Green Olives, Sliced	1/2 Cup
Parsley, Fresh Chopped	1/4 Cup
Seasoned Salt	

NUTRITIONAL VALUE

Calories: 105
Fat: 1 g
Cholesterol: 49 mg
Sodium: 293 mg

POINTS OF CONTACT:

TSgt Amanda Hass
amanda.hass@us.af.mil
DSN: 969-7757
COM: 210-395-7757

Bill Spencer
william.spencer.2@us.af.mil
DSN: 969-7788
COM: 210-395-7788

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. Dice Tomatoes and Onions, slice the Green Olives (if they are whole), and finely chop the Parsley.
5. Prepare the salsa by mixing the Tomatoes, Onions, Green Olives and Parsley 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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