

Wild & Simple™
ENTRÉE-REDI™

WILD ALASKA POLLOCK PORTIONS



FORM

HOW
DO YOU
MAKE THE
WORLD'S
MOST
POPULAR
WHITEFISH
EVEN
BETTER?

Introducing *Entrée-Redi™*
Wild Alaska Pollock, a
revolutionary new
line of products that
delivers **form, function,**
and **flavor** to your menu.

Available in five
versatile
portion sizes to
match any menu
application.



1.5 oz.
Mini Tender
Portions



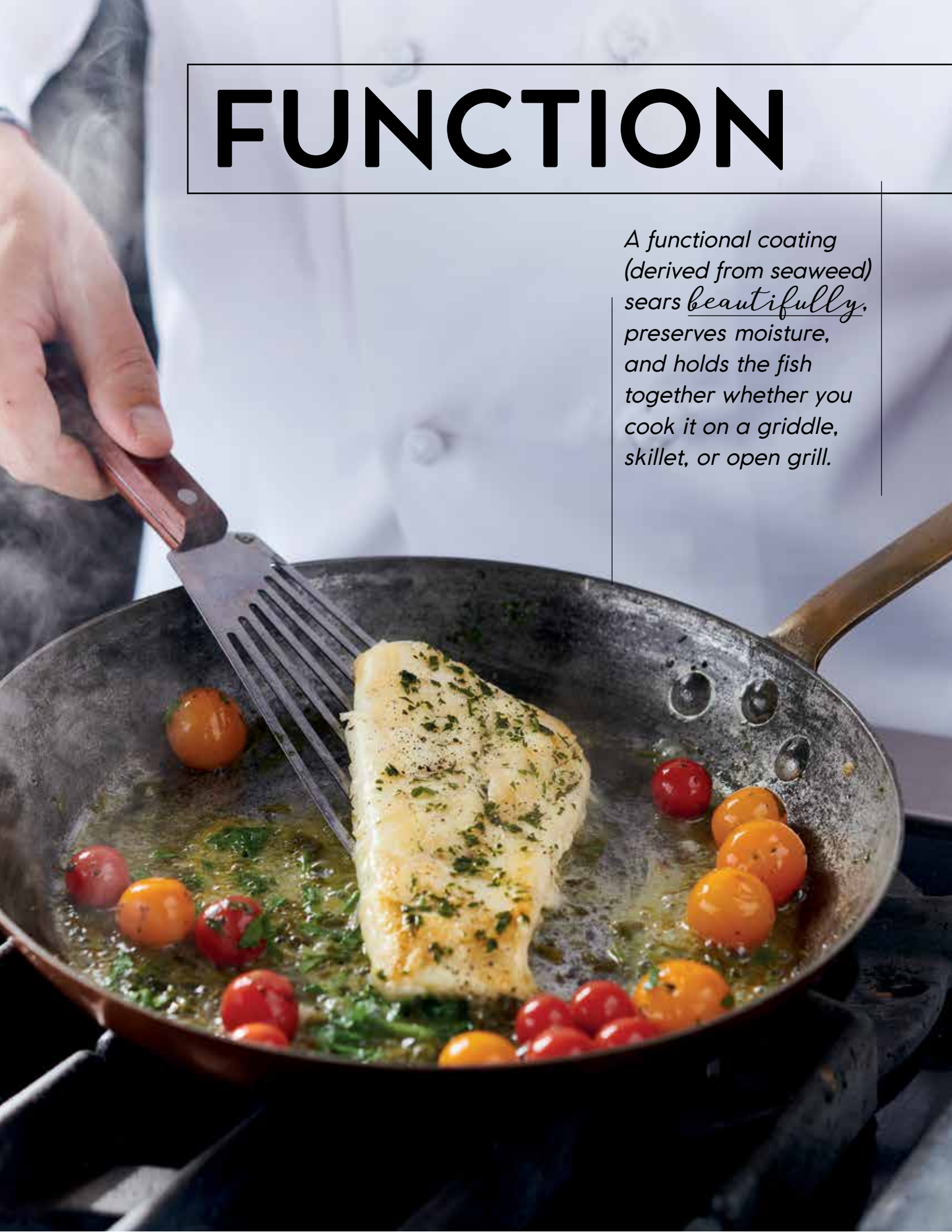
4.2 oz. &
5.7 oz. Fillet
Portions



4.5 oz. &
5.7 oz. Loin
Portions

FUNCTION

A functional coating (derived from seaweed) sears beautifully, preserves moisture, and holds the fish together whether you cook it on a griddle, skillet, or open grill.



FLAVOR




With its mild flavor, pure white meat, and flaky texture, Wild Alaska Pollock is the perfect center-of-the-plate option for on-trend menus. Here are a few delicious ideas to get you started.

WILD ALASKA POLLOCK TACOS WITH CRISPY CHEDDAR SHELLS


Give your fish tacos a *cheesy crunch!* Season grilled Wild Alaska Pollock with zingy Tajin seasoning and serve with chipotle crema, shredded lettuce, avocado, and cilantro in a crispy frico shell.





PAN-SEARED WILD ALASKA POLLOCK WITH TAMARIND AND CRUMBLED BACON

Everything's better with *bacon*, and Wild Alaska Pollock is no exception! Top pan-seared Wild Alaska Pollock with a mixture of rough breadcrumbs, thyme, parsley, and crumbled bacon, then finish with a brown butter-tamarind sauce.



WILD ALASKA POLLOCK SALAD WITH GRILLED AVOCADO AND VIETNAMESE VINAIGRETTE

For a fresh, *globally-inspired* salad, serve grilled Wild Alaska Pollock on a bed of arugula, sugar snap peas, and grilled avocado slices tossed with a Vietnamese vinaigrette. Sprinkle with mint and chopped tamari almonds.

KOREAN NACHOS WITH GRILLED WILD ALASKA POLLOCK & KIMCHI CHEESE SAUCE

Nachos go *fusion* with this spicy combination of corn chips topped with grilled Wild Alaska Pollock, black beans, scallions, and radishes, then slathered with cheese sauce spiked with kimchi. Sprinkle with Korean pepper and chopped cilantro for even more kick.



GRILLED WILD ALASKA POLLOCK WITH BEET TARAMASALATA

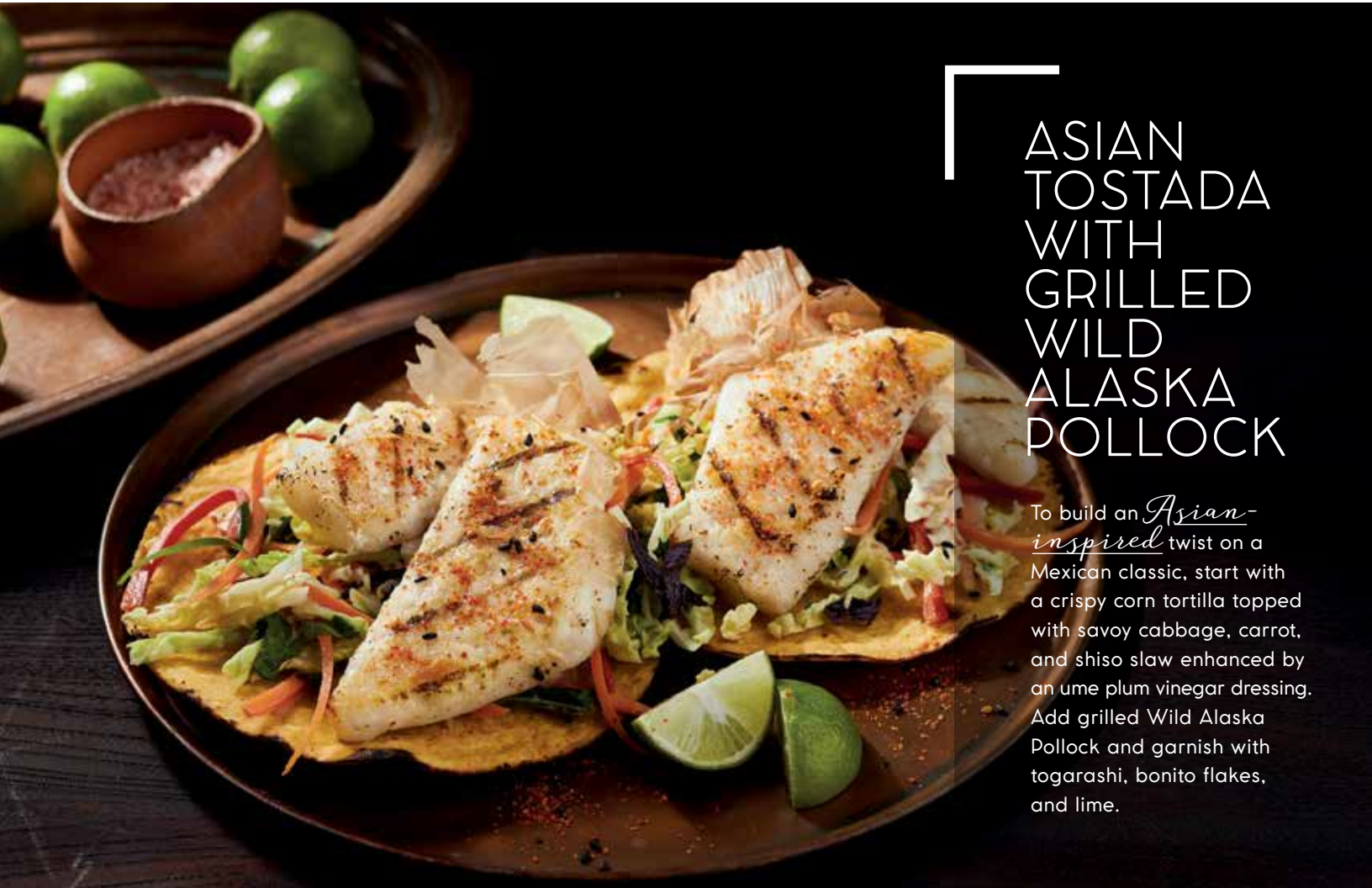
Enhance simply grilled Wild Alaska Pollock with a *swirl* of beautiful red beet taramasalata and Greek yogurt. Garnish with dill, pistachios, and grilled lemons.





ROASTED WILD ALASKA POLLOCK WITH FRIZZLED CARROTS AND GINGER

For a simply *elegant* presentation, sear Wild Alaska Pollock then roast it with ginger and rice wine. Serve over rice with a slightly sweet soy and rice wine sauce, and top with a pile of frizzled ginger and carrots.



ASIAN TOSTADA WITH GRILLED WILD ALASKA POLLOCK

To build an *Asian-inspired* twist on a Mexican classic, start with a crispy corn tortilla topped with savoy cabbage, carrot, and shiso slaw enhanced by an ume plum vinegar dressing. Add grilled Wild Alaska Pollock and garnish with togarashi, bonito flakes, and lime.

Wild

ALASKA POLLOCK

1

COD'S
DELICIOUS
COUSIN.

2

WILD-CAUGHT
IN THE MOST
ABUNDANT,
CERTIFIED-
SUSTAINABLE
FISHERY IN
THE WORLD.

3

AN EXTRA-LEAN PROTEIN,
LOW IN SATURATED FAT
AND CHOLESTEROL,
AND A NATURAL
SOURCE OF
OMEGA-3
FATTY ACIDS
AND VITAMIN B-12.

4

A LOWER CARBON FOOTPRINT THAN
BEEF, CHICKEN, PORK, AND MOST OTHER
LAND-BASED PROTEINS.

Wild & Simple™

ENTRÉE-REDI™

1 MADE FROM **ONCE-FROZEN, DEEP-SKINNED WILD ALASKA POLLOCK FILLET BLOCKS** FOR PURE WHITE FLAKY PORTIONS WITH A **20% GREATER YIELD** FOR YOUR FINISHED DISHES.

2 AN ALL-AMERICAN ALTERNATIVE TO IMPORTED TILAPIA AND PANGASIUUS. **HOLDS ITS SHAPE** DURING ANY COOKING METHOD, EVEN ON AN OPEN GRILL.

3 **CONSISTENT PORTION SIZE** PROVIDES GREAT PORTION CONTROL AND **PREDICTABLE COOK TIMES.**

4 **MULTIPLE APPLICATIONS** FOR ANY RESTAURANT SECTOR, FROM FAST CASUAL TO CASUAL DINING TO FOOD TRUCKS.

FOR FULL RECIPES, COOKING INSTRUCTIONS & PRODUCT DETAILS, VISIT OUR WEBSITE

TRIDENTSEAFOODS.COM/FOOD-SERVICE/WILDALASKAPOLLOCK

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
427166	1.5 OZ ENTRÉE REDI WILD ALASKA POLLOCK MINI TENDER PORTIONS	1.5 oz	2/5 lb.	107	0 00 28029 27166 9
427439	4.2 OZ ENTRÉE REDI WILD ALASKA POLLOCK FILLET PORTION	4.2 oz	2/5 lb.	38	0 00 28029 27439 4
427726	5.7 OZ ENTRÉE REDI WILD ALASKA POLLOCK FILLET PORTION	5.7 oz	2/5 lb.	28	0 00 28029 27726 5
427753	4.5 OZ ENTRÉE REDI WILD ALASKA POLLOCK LOIN PORTION	4.5 oz	2/5 lb.	35	0 00 28029 27753 1
426226	5.7 OZ ENTRÉE REDI WILD ALASKA POLLOCK LOIN PORTION	5.7 oz	2/5 lb.	28	0 00 28029 26226 1

DIMENSION: (L x W x D) 15" L x 10" W x 6.25" D
NET WEIGHT: 10 lb GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 x 7

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Nutrition Facts

about 38 servings per container
Serving size 1 piece (118 g/4.2 oz)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 290mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 367mg	8%
Vit B12 1.8mcg	80%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

INGREDIENTS: ALASKA POLLOCK, WATER, CONTAINS 2% OR LESS OF: POTATO STARCH, CALCIUM CHLORIDE, SODIUM ALGINATE, BAKING SODA, CONTAINS FISH (ALASKA POLLOCK).

4.2 oz Fillet Portion*

KEEP FROZEN UNTIL READY TO USE.
COOK FROM FROZEN:

Pan: Oil a non-stick pan and preheat to medium-high. Cook fillet portions 8-10 minutes or until cooked through, flipping halfway through. For best results, do not flour.

Grill: Oil grill and preheat to 375°F. Grill fillet portions 8-10 minutes or until cooked through, flipping halfway through.

Conventional oven: Preheat oven to 450°F. Place fillet portions on a lightly greased baking sheet. Bake for 13-16 minutes or until cooked through. For best results, top fillet portions with sauce, seasoning, and/or crumbs prior to baking.

Microwave cooking is not recommended.

*Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

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