Wild & Simple
ENTRÉE-REDI™
WILD ALASKA POLLOCK PORTIONS
Introducing Entrée-Redi™ Wild Alaska Pollock, a revolutionary new line of products that delivers form, function, and flavor to your menu.

How do you make the World's Most Popular Whitefish even better?

Available in versatile portion sizes to match any menu application.

1.5 oz Taco Strip Portions
4.5 oz Loin Portions
4.2 oz Fillet Portions
5.7 oz Fillet 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.
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.
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.

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.
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.
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™

MADE FROM ONCE-FROZEN, DEEP-SKINNED WILD ALASKA POLLOCK FILLETS FOR PURE WHITE FLAKY PORTIONS WITH A 20% GREATER YIELD VS REGULAR-SKINNED FILLETS.

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

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

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

PACK INFORMATION

<table>
<thead>
<tr>
<th>ITEM #</th>
<th>DESCRIPTION</th>
<th>PORTION SIZE</th>
<th>PACK SIZE</th>
<th>APPROX. PIECES PER CASE</th>
<th>GTIN #</th>
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<tbody>
<tr>
<td>117542</td>
<td>1.5 OZ ENTRE REDI WILD ALASKA POLLOCK STRIP PORTIONS</td>
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<td>4.5 OZ ENTRE REDI WILD ALASKA POLLOCK LOIN PORTION</td>
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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: 12 x 7

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size 1 piece (118 g/4.2 oz)</th>
<th>Amount per serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 80</td>
<td>Total Fat 0g</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
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<td></td>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 290mg</td>
<td>Total Carbohydrate 1g</td>
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<td></td>
<td>Dietary Fiber 0g</td>
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<td></td>
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<tr>
<td>Protein 19g</td>
<td>Vitamin D 0mcg</td>
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<tr>
<td></td>
<td>Calcium 46mg</td>
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<td>Vitamin B12 1.8mcg</td>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 

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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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