

# Wild & Simple™ ENTRÉE-REDI™

WILD ALASKA POLLOCK  
4.5 OZ. LOIN PORTIONS



servings suggestion  
enlarged to show detail  
must be cooked

**Trident**®  
SEAFOODS

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



serving suggestion

## 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.

Introducing *Entrée-Redi™* Wild Alaska Pollock, 4.5 oz loin portion, a *revolutionary* new product that delivers **form**, **function**, and **flavor** to your menu.

## FORM

Available in a versatile portion size to match any menu application.

## 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.

## PREPARATION INSTRUCTIONS

### KEEP FROZEN UNTIL READY TO USE.

#### COOK FROM FROZEN:

**Pan:** Oil a non-stick pan and preheat to medium-high. Cook loin portions 11-12 minutes or until cooked through, flipping halfway through. For best results, do not flour.

**Grill:** Oil grill and preheat to 375°F. Grill loin portions 13-14 minutes or until cooked through, flipping halfway through.

**Convection Oven:** Preheat oven to 400°F. Place loin portions on a lightly greased baking sheet. Bake for 14-20 minutes or until cooked through. For best results, top loin portions with sauce, seasoning, and/or crumbs prior to baking.

#### COOK FROM THAWED:

To thaw, place portions on a plate or tray and cover with plastic. Thaw in refrigerator overnight.

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

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

**Convection Oven:** Preheat oven to 400°F. Place loin portions on a lightly greased baking sheet. Bake for 10-14 minutes or until cooked through. For best results, top loin 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,

## Nutrition Facts

about 35 servings per container  
Serving size 1 piece (130 g/4.5 oz)

Amount per serving  
**Calories 100**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 1g          | <b>1%</b>      |
| Saturated Fat 0g             | <b>0%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 75mg      | <b>25%</b>     |
| <b>Sodium</b> 210mg          | <b>9%</b>      |
| <b>Total Carbohydrate</b> 1g | <b>0%</b>      |
| Dietary Fiber 0g             | <b>0%</b>      |
| Total Sugars 0g              |                |
| Includes 0g Added Sugars     | <b>0%</b>      |
| <b>Protein</b> 21g           |                |
| Vitamin D 0.2mcg             | 2%             |
| Calcium 50mg                 | 4%             |
| Iron 0.3mg                   | 2%             |
| Potassium 400mg              | 8%             |

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

however, occasional bones may still be present.

## PACK INFORMATION

| ITEM # | DESCRIPTION   | PORTION SIZE | PACK SIZE | APPROX. PIECES PER CASE | GTIN              |
|--------|---|--------------|-----------|-------------------------|-------------------|
| 427753 | 4.5 OZ ENTRÉE REDİ WILD ALASKA POLLOCK LOIN PORTION | 4.5 oz       | 2/5 lb.   | 35                      | 0 00 2809 27753 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

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

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