

Alaska Pollock Jerk Tacos



Preparation Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

1 pound Alaska Pollock fillets, fresh, thawed or frozen

1 teaspoon jerk seasoning rub

1 Tablespoon olive, canola, peanut or grapeseed oil

Half of a small fresh pineapple, cut lengthwise

OR 4 slices canned, drained pineapple rings, cut in half

8 small (6 to 7-inch) yellow corn tortillas, warmed

2 cups arugula or spinach leaves (or 2 cups prepared favorite coleslaw)

1/2 of a lime, cut into wedges

Description:

Rinse any ice glaze from frozen Alaska Pollock under cold water; pat dry with paper towel. Sprinkle jerk seasoning on both sides of each fillet. In a heavy nonstick skillet, heat oil over medium heat; add fillets to pan and cook 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and cover pan tightly. Cook an additional 3 to 4 minutes for frozen Alaska Pollock or 2 to 3 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Peel and core fresh pineapple half; cut into 8 equal slices. Using a stovetop grill pan, grill pineapple slices for 2 to 3 minutes on each side over medium heat until browned. Remove from heat, set aside.

To serve, layer 1/4 cup arugula (or slaw), a pineapple slice, and 1/2 of a fish fillet onto each tortilla. Squeeze lime wedge over fillet.

Cook's Tip: Caribbean jerk seasoning can vary quite dramatically in heat – adjust amount to taste.