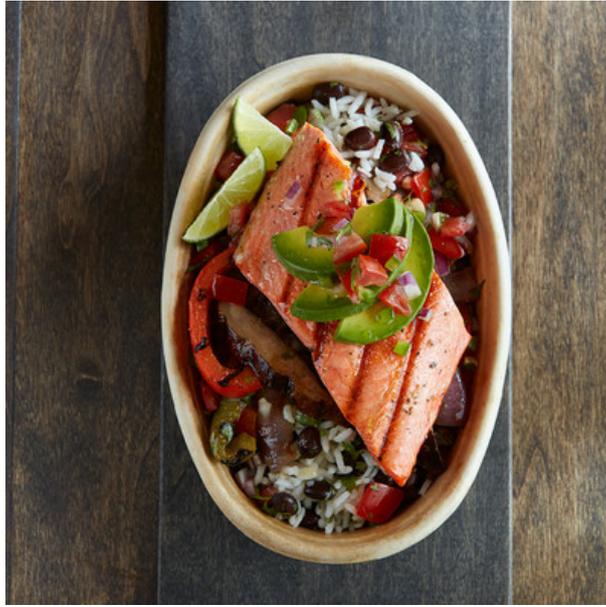


## South of the Border Alaska Salmon Bowl



**Preparation Time:** 0 minutes

**Cook Time:** 0 minutes

**Servings:** 6

### **Ingredients:**

3 Lbs. or 6 Ea. 4 ozs. fillets Wild Alaska Cod OR Salmon

2 Cups Masa or A/P Flour

Salt/Pepper, to taste

6 Tbsp. Pico De Gallo, prepared

¼ Cup Canola Oil

9 Cups Rice, prepared, warm

¾ Cup Cilantro, chopped

3 Cups Black Beans, canned, drained

3 ozs. Portabello Mushrooms, grilled, sliced

3 ozs. Red Bell Pepper, grilled, sliced

3 ozs. Green Bell Pepper, grilled, sliced

3 ozs. Red Onion, grilled, sliced

2 tsp. Cumin, ground

2 tsp. Cilantro, chopped

1 ½ Cups Pico De Gallo, prepared

12 slices Avocado

6 Ea. Lime, wedges

### **Description:**

#### **Rice and Vegetable:**

- In a large bowl blend the rice with the black beans and cilantro
- Hold warm
- In another bowl, add the mushrooms, peppers, onion, and blend with cumin and cilantro
- Hold warm

#### **Fish:**

- Season the Wild Alaska fish of choice with salt and pepper
- Dredge both sides in masa or A/P flour, shake off excess
- Heat large skillet, add canola oil
- Place fish in heated oil, cook 2-3 minutes, turn, and cook until done about 2-3 minutes
- Remove.

#### **One Serving:**

- Place 2 cups of the rice and bean mix in the bottom of a serving bowl

- Top with ¼ cup of pico de gallo
- Cover with 2 ozs. of the mixed vegetable blend
- Add the cooked fish
- Top the fish with 1 Tbsp. of pico de gallo