

Lemon Tahini Alaska Pollock Flatbread Tacos



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

Alaska Pollock:

- 1 pound Alaska pollock
- 1/2 Tbsp. extra virgin olive oil
- 1/2 Tbsp. fresh lemon juice
- 1 tsp. Za'atar spice blend
- Pinch black pepper

Lemon Tahini Sauce:

- 1 Tbsp. fresh lemon juice
- 1/4 tsp. fresh garlic paste
- 2 Tbsp. water
- 1/4 cup sesame tahini
- Pinch salt

4 whole grain flatbreads (2 ounces each), warmed

1 cup cucumber, diced

1/2 cup red onion, thin sliced

1/4 cup parsley, rough chopped

Description:

Alaska Pollock:

Preheat oven to 400oF. Rinse any ice glaze from frozen Alaska pollock, pat dry. Place in a spray-coated baking dish/pan and tightly cover with foil. Bake for 15 minutes or just until fish is opaque throughout. Pour off any liquid. Combine olive oil, lemon juice, Za'atar, and pepper. Pour mixture over cooked fish and break up until seasonings are evenly distributed, keeping fish chunky. Keep warm.

Tahini:

Whisk lemon juice and garlic paste in a container; let sit 5 minutes. Add water, sesame tahini and salt. Whisk, or blend with immersion blender, until smooth. Keep cold.

To Serve:

Place one-fourth spiced fish down the center of a flatbread. Top with 1/4 cup cucumber, 2 tablespoons onion, and 1 tablespoon parsley. Drizzle with lemon tahini sauce.

Wine Pairing: H3 Merlot

This medium-bodied Merlot delivers aromas of spice and blackberry with the perfect balance of earth, cocoa and ripe cherry notes on the palate. The complex flavors are followed by a smooth, velvety finish, while the round softness adds the perfect balance to the spice and citrus that embody the dish. While very fruit-forward, the blackberry and cherry notes help round out the citric flavors in the flatbread.