



## Pan-fried Alaska Pollock — served with wilted spinach and fresh basil pesto cream sauce over jasmine rice

Wild-caught Alaska Pollock is one of America's favorite seafood. No wonder! A member of the Cod family, this mild-flavored premium white fish has a delicate, flaky texture. It's high in protein and low in fat, thanks to its completely natural diet in the abundant waters off Alaska.

This GO WILD™ Creation blends the distinctive flavor of basil pesto—start with fresh basil from your local grocer or from your garden, then blend with garlic, parmesan cheese, lemon juice and oil in a food processor. Don't have the necessary equipment? Fresh pesto should be readily available in the produce section of your favorite grocery store. Heavy cream and spinach are combined with the pesto to create a to-die-for sauce. Serve with your favorite rice; our chefs suggest Jasmine rice, a long-grain variety of aromatic rice often used in Indian and Asian cooking.

**Prep time:**  
20 minutes

**Cook time:**  
30 minutes

**Difficulty level:**  
Simple

**Serves:** 2

### Ingredients

#### **GO WILD™ Alaska Pollock**

- 1 tray GO WILD™ Alaska Pollock
- 1 cup seasoned breadcrumbs
- 1 cup all purpose flour
- 1 egg

#### **Pesto cream sauce**

- 4 ounces fresh basil
- 3 garlic cloves
- ¼ cup parmesan cheese
- 1 lemon, juiced
- ¼ cup extra virgin olive oil
- 1 cup heavy cream
- 1 Tbsp butter
- 2 cups fresh spinach

### Directions

*Jasmine rice* — Follow Manufacturer's Directions

#### **GO WILD™ Alaska Pollock**

Set up three mixing bowls, 1st with flour, 2nd with egg, 3rd with breadcrumbs. Dredge Alaska Pollock in each in that order and set aside. Heat a non-stick skillet with 2 Tbsp oil. Cook Alaska Pollock on both sides until browned.

#### **Basil cream sauce**

Combine basil, garlic, parmesan cheese, lemon juice and olive oil in a food processor. Blend thoroughly. In a sauté pan over medium heat add heavy cream, 2 Tbsp fresh pesto and butter. Cook sauce until thick and toss spinach too wilt.

Serve pan-fried Alaska Pollock over jasmine rice and finish with pesto cream sauce.

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#### LEFTOVERS TIP

Freeze left over pesto for use in future GO WILD recipes.