

## **Pan-Seared Alaska Pollock With Vegetables**

**Prep Time:** 2 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

4 Alaska Pollock fillets (4 to 6 oz. each), fresh, thawed or frozen

3 Tablespoons olive, canola, peanut or grapeseed oil, divided

Favorite seasoning/salt and pepper blend, to taste

1 pound favorite sliced or chopped fresh stir-fry vegetables (bell peppers, onions, mushrooms, celery, etc.)

2 Tablespoons prepared Asian sauce of your choice

### **Directions:**

Rinse any ice glaze from frozen Alaska Pollock fillets under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat.

Brush both sides of fillets with 1-1/2 tablespoons oil. Place fillets in heated skillet and cook, uncovered, about 3 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and sprinkle with favorite seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 2 minutes. (Reduce cook time by half for fresh or thawed fillets.) Cook just until fish is opaque throughout. Remove fillets from skillet; keep warm. Stir-fry vegetables in remaining oil, adding Asian sauce at the end of cooking time.

To serve, divide vegetables among four plates and top with Alaska Pollock fillet.

Nutrients per serving: 236 calories, 12g total fat, 1g saturated fat, 46% calories from fat, 101mg cholesterol, 26g protein, 5g carbohydrate, 1g fiber, 489mg sodium, 87mg calcium and 1.5g omega-3 fatty acids.

Variation: Substitute Alaska Cod or Sole fillets for Alaska Pollock.