

Za'atar Spiced Pacific Dover Sole Flatbread Sandwich

Meat/Meat Alternate-Grains-Other Vegetable

Main Dish

12 Servings			
Ingredients	Weight	Measure	Directions
Pacific Dover Sole fillets, IQF	3 pounds		Spray a sheet pan with nonstick spray. Place IQF Pacific Dover Sole fillets on sheet pan and slack out in refrigerator for at least 6 hours or overnight. CCP: Hold cold at 41°F or below.
Fresh lemon juice		¼ cup	<p>In a large mixing bowl combine the fresh lemon juice and garlic paste. Let sit for a few minutes to mellow the garlic. Add the water, sesame tahini, salt and cayenne pepper, and whisk until smooth.</p> <p>Add the shredded cabbages, grated carrots, chopped dill and parsley to the mixing bowl containing the tahini dressing. Gently fold the dressing into the vegetables until well combined. CCP: Hold cold at 41°F or below.</p>
Fresh garlic, paste		2 teaspoons	
Water		½ cup	
Sesame tahini		½ cup	
Salt		½ teaspoon	
Cayenne pepper, ground		¼ teaspoon	
Green cabbage, finely shredded	8 ounces	2 cups	
Red cabbage, finely shredded	8 ounces	2 cups	
Carrots, fresh, finely grated	2 ounces	½ cup	
Dill weed, fresh, chopped		¼ cup	
Flat leaf parsley, fresh, chopped		¼ cup	
Za'atar spice blend		2 tablespoons	<p>Remove the Pacific Dover Sole from the refrigerator and carefully pour off any liquid that has accumulated in the pan. Sprinkle each fillet with about 1 teaspoon Za'atar spice blend.</p> <p>Bake the fish in a preheated 400°F convection oven until the fish is opaque and just firm, about 8 minutes. CCP: Cook to an internal temperature of 145°F CCP: Hold hot at 135°F or higher.</p>
Whole grain flatbread, warmed (2 ounce equivalents each)		12 each	<p>To serve: Place ½ cup of the slaw down the center of a warmed whole grain pita. Place 3 ounces of the cooked Pacific Dover Sole on top of the slaw. Serve with a wedge of lemon on the side.</p>
Lemons, fresh, wedges		12 each	

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 2 oz. equivalent grains, 1/2 cup other vegetable

Nutrients Per Serving

Calories	344	Cholesterol	54 g	Dietary Fiber	7 g
Total Fat	8.4 g	Sodium	550 mg	Sugars	2 g
Saturated Fat	1.3 g	Total Carbohydrates	40 g	Protein	30 g