

---

# Spanish-spiced Wild Alaskan Pollock

10<sup>1</sup>/<sub>2</sub> Oz Wild Alaskan Pollock Fillets  
1 Fennel Bulb  
1 head Cauliflower  
1 Navel Orange  
1 Tbsp. Pickled Peruvian Peppers  
1 Oz Castelvetrano Olives  
1 Tbsp. Spanish Spice Blend (Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon)

**1** Prepare & roast the vegetables: Place an oven rack in the center of the oven, then preheat to 450°F. Line a sheet pan with foil. Wash and dry the fresh produce. Cut out and discard the core of the cauliflower; cut into small florets. Cut off and discard any stems from the fennel, then halve, core, and thinly slice the bulb. Transfer the prepared vegetables to the sheet pan. Drizzle with 2 teaspoons of olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 28 to 30 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

**2** Prepare the remaining ingredients: While the vegetables roast, halve the orange crosswise; squeeze the juice of 1 half into a medium bowl. Peel and medium dice the remaining half. To the bowl of orange juice, add the peppers and 1/2 teaspoon of olive oil. Using the flat side of your knife, smash the olives to release the pits. Discard the pits, then roughly chop the olives.

**3** Make the topping: While the vegetables continue to roast, in a bowl, combine the diced orange, chopped olives, and 1/2 teaspoon of olive oil. Season with salt and pepper.

**4** Cook the fish: Pat the fish dry with paper towels. Transfer to a cutting board and cut each fillet into 2 equal-sized pieces. Season on both sides with salt, pepper, and half the spice blend (you will have extra). In a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned fish. Cook 3 to 4 minutes per side, or until browned and cooked through. Turn off the heat.

**5** Finish the vegetables & serve your dish: Evenly top the roasted vegetables with the orange juice-pepper mixture. Carefully stir to combine. Serve the finished vegetables topped with the cooked fish. Garnish with the topping. Enjoy!