LEMON PEPPER WHITEFISH WITH COLESLAW

Serves 2  |  822 calories per serving

INGREDIENTS

3 tbsp  vegetable oil
1 lb   frozen pollock fillets
1    egg, beaten
1 cup instant mashed potato flakes
1 tsp lemon pepper seasoning
1 1/2 cups cabbage
1/4 cup diced green onion
1/2 cup grated carrot
1/3 cup mayonnaise
1/4 cup apple cider vinegar
1 tbsp granulated sugar
salt and pepper to taste
tartar sauce (contains eggs)

Recipe created by Quan Hoang who serves as the Washington State Executive Mansion Chef. Quan has been sharing his culinary gifts at the Mansion since 2009, but his appreciation and lifelong passion for cooking began 25 years ago working in his family’s restaurant, cooking Thai and Vietnamese cuisine.

Seasonings included in this recipe were produced by SA Milligan Company, Inc. Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of ingredients, please visit agr.wa.gov/services/food-access/cookwa

Double the measurements for 4 servings or triple them for 6 servings, and use bigger pots, pans, and bowls.

WE WANT TO KNOW WHAT YOU THINK!
Please provide feedback on your Cook WA Meal Kit experience by going to: www.surveymonkey.com/r/CookWA or using the QR code to the left.
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PREP
- Thaw fish in fridge 1 day before planned meal.
- While the fish is thawing, and at least an hour before your meal, prepare your coleslaw in advance. This will allow the cabbage to soften and to bring out the flavor.

MAKE COLESLAW
- Finely chop cabbage into thin strips and grate carrots.
- Combine the cabbage, grated carrots and green onions together in a large bowl until all the ingredients are evenly distributed.
- In a small bowl, combine apple cider vinegar, sugar and mayonnaise and mixed well. Add to cabbage and carrot mixture and toss everything together.
- Season with salt and pepper to taste. Cover coleslaw and refrigerate.

COOK FISH
- Once fish is thawed, combine potato flakes and lemon pepper seasoning in a shallow dish.
- Pour 1 tbsp. olive oil over the potato flake mixture. Use a fork to mix the oil into the potato flake mixture until there are no clumps.
- Beat the egg in a shallow dish. In another shallow dish add the flour.
- Coat fish fillets with flour, then egg, and then generously coat in the potato flake mixture.
- Heat 2 tbsp oil in a large heavy skillet over medium-high heat.
- Cook fish fillets until golden browned on the outside, about 4 minutes per side.

PLATE
- Serve fish with coleslaw and a dollop of tartar sauce on the side.

Nutrition Facts

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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture’s (WSDA) Food Assistance Program.

Photos taken by staff and students from The Evergreen State College’s Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

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