



## RECIPE OF THE WEEK

This Pollock with Zucchini, Bok Choy, and Pine Nuts recipe is a healthy, simple and delicious dinner that's ready in a flash. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this delicious meal is packed with protein, healthy fats, and fiber-rich veggies.



### POLLOCK WITH ZUCCHINI, BOK CHOY AND PINE NUTS (OPTIONAL: SERVE WITH RICE)

#### Nutritional Facts:

Pollock Fish is renowned as one of the top 20 most nutritious foods. It's rich in protein, vitamins A and B12, phosphorus, selenium, calcium, iron, magnesium, zinc and potassium. While zucchini, Bok Choy, and garlic together are high fiber, calcium, potassium, vitamins A, B6, C, and K, iron, and magnesium. All this helps digestive, heart, and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function, and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4):


4 Pollock Fish fillets (160 grams, skin removed)	freshly ground pepper
1 hand full of fresh parsley	Juice of 1 lemon
75 grams of Pine nuts	2 zucchini/Italian Squash
Olive Oil	2 cups of sliced Bok Choy leaves (stalks removed)
Salt to taste	1 garlic clove


#### Instructions:

1. Preheat the oven to 180°C (approximately 350°F) convection.
2. Rinse the pollock fillets and pat dry. Place on 4 pieces of parchment paper (drizzled with a little oil). Pluck the parsley leaves, rinse, pat dry, and chop coarsely. Distribute the parsley and pine nuts on the fillets, drizzle with olive oil and season with salt and pepper. Squeeze juice from lemon and drizzle over the fish. Fold parchment paper over the fish fillets and seal well. Bake in preheated oven for about 25 minutes.
3. In the meantime, rinse zucchini, trim and cut diagonally into thick slices. Peel garlic and finely chop. Sauté garlic with the zucchini slices and Bok Choy leaves in 3 tablespoons hot oil for about 5 minutes while stirring until Bok Choy is soft. Season with salt and pepper. Divide the vegetables among 4 plates, unwrap the fish fillets, and arrange on the vegetables. Optional: Serve hot with steamed rice.

*Eat & Enjoy!*

Recipe adapted from: [www.eatsmarter.com](http://www.eatsmarter.com)

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