



Recipes

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Blackened Halibut Wrap

Serves 1

Ingredients:

- 1 Mission® 10" Heat Pressed Flour Tortilla (10420)
- 1/2 cup Creamy Cole Slaw (see Related Recipe)
- 3/4 cup Blackened Halibut (see Related Recipe)
- 3 Tbsp. Prepared Pico de Gallo Salsa

Directions:

1. Heat wrap until warm and pliable. Lay the wrap on a flat surface. Spread the cole slaw across the wrap and top with the blackened fish and pico de gallo.
2. Roll the wrap as you would a burrito and serve.

Cole Slaw

Serves 1

Ingredients:

- 2 cups Shredded Cabbage
- 1/8 cup Sandwich Dressing (such as Miracle Whip) or low-fat Mayonnaise
- 1 tsp. Country Style Dijon Mustard
- 1/8 cup Apple Cider Vinegar
- 1/8 cup Lemon Juice
- 1/8 oz. (4 tsp) Lite Soy Sauce
- 1/6 tsp. Black Pepper
- 1/8 tsp. Salt

Directions:

1. Combine all ingredients in a non-reactive bowl. Mix well and keep refrigerated.
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Blackened Fish

Serves 1

Ingredients:

1/3 tsp. Ground Black Pepper
1/3 tsp. Ground Coriander
1/8 tsp. Cayenne Pepper Sauce
1/8 tsp. Paprika
1/8 tsp. Garlic Powder
1/8 tsp. Salt
4 oz. Halibut Fillets (or any preferred white fish)
Canola Oil

Directions:

1. Combine all spices together. Thoroughly coat the fish with the seasoning.
2. Heat a skillet over high heat. Add the oil and the seasoned fish. Cook both sides of the fillet until cooked through.