



Cod Nuggets, Potato Wedges, Spanish Blend





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Recipe Items:	1 Portion	5 Portions
PE Fish (PE#21736)	#12 scoop (80 gm)	400 gm (14.1 oz)
PE Whole Wheat Bread (PE#21764)	15 gm (0.5 oz)	75 gm (2.5 oz)
Tartar Sauce (smooth)	15 mL (1 Tbsp)	75 mL (2.5 fl oz)
Mashed Potatoes (smooth)	#8 scoop (118 mL)	590 mL (20 fl oz)
PE Carrot (PE#21734)	#24 scoop (40 gm)	200 gm (7.1 oz)
PE Corn (PE#21752)	#24 scoop (40 gm)	200 gm (7.1 oz)
PE Green Beans (or Green Peas) (PE#21737)	#24 scoop (40 gm)	200 gm (7.1 oz)

1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.
Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Combine #12 scoop (80 gm) of PE Fish mousse with 15 gm (1 Tbsp) of PE Whole Wheat bread, mix together. Scoop onto a service plate. Top with 15 mL (1 Tbsp) of smooth tartar sauce.



3. Serve #8 scoop (118 mL) smooth mashed potatoes beside the prepared fish nuggets.



4. Combine a #24 scoop (40gm) of each of the following PE vegetable mousses: carrot, corn and either green beans or green peas - mix to form the Spanish Blend vegetables. Serve a #8 scoop (118 gm) of the PE vegetables on the service plate.



Serve hot
Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

