



Jerk Fish Wrap

This Jerk Fish Wrap features tender white fish seasoned with Jamaican-inspired jerk spices and served with mango pineapple salsa, creating the ultimate sweet and spicy flavor combination.

Preparation Time: 30 minutes

Cook Time: 40 minutes

NSLP/SBP Crediting Information:

One wrap provides ½ cup vegetable (¼ cup dark green vegetable, ¼ cup red/orange vegetable), ½ cup fruit, 2 oz eq meat/meat alternate, and 2 oz eq grains.

| INGREDIENTS | 50 Servings | | 100 Servings | | DIRECTIONS |
|-------------------------------|-------------|-----------------|--------------|-----------------|---|
| | Weight | Measure | Weight | Measure | |
| Jerk seasoning, no salt added | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | 1 Preheat oven: Conventional oven: 350 °F. Convection oven: 350 °F. |
| Garlic powder | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Paprika, ground | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | 2 Combine jerk seasoning spice, garlic powder, ground paprika, ground coriander, salt, and red pepper flakes in a large bowl. Stir well. Set aside for step 4. |
| Ground Coriander | | 1 Tbsp | | 2 Tbsp | |
| Salt | | 1 ½ tsp | | 1 Tbsp | |
| Red pepper flakes | | 1 tsp | | 2 tsp | |

| INGREDIENTS | 50 Servings | | 100 Servings | | DIRECTIONS |
|---|---------------|----------------|--------------|------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Tilapia, frozen, thawed cut into 25 pieces | 6 lbs 8 oz | 50 pieces | 13 lbs | 100 pieces | <p>3 Place 25 tilapia portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>4 Sprinkle spices evenly over tilapia.</p> <p>5 Bake: Conventional oven: 350 °F for 8-10 minutes. Convection oven: 350 °F for 5-8 minutes. Critical Control Point: Heat to 145 °F or higher. Critical Control Point: Hold for hot service at 135 °F or higher. Hold hot until step 9.</p> |
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| *Tomatoes, fresh, diced | 6 lbs | 1 gal | 12 lbs | 2 gal | <p>6 In a large mixing bowl, combine tomatoes, mangoes, pineapple, cilantro, jalapeños, lime juice. Mix well. Pour about 1 gal 2 cups (6 lbs 14 oz) into a deep steam table pan (12 ¾" x 10 ½" x 6"). (Can prep ahead of time.) For 50 servings, use 2 pan. For 100 servings, use 4 pans. Critical Control Point: Cool to 41 °F or lower within 4 hours. Hold cold until step 10.</p> |
| Mango, frozen, diced, thawed | 3 lbs | 1 qt 2 cups | 6 lbs | 3 qt | |
| Pineapple, tidbits, canned pineapple, 100% juice, drained | 3 lbs | 3 qt ½ cup | 6 lbs | 1 gal 2 qt 1 cup | |
| *Cilantro, fresh, chopped | 4 oz | 1 cup | 8 oz | 2 cups | |

| INGREDIENTS | 50 Servings | | 100 Servings | | DIRECTIONS |
|--|---------------|----------------|----------------|------------|--|
| | Weight | Measure | Weight | Measure | |
| *Jalapeno, fresh, small dice | 6 oz | 1 ½ cups | 12 oz | 3 cups | |
| Lime juice, bottled | | 1 cup | | 2 cups | |
| Whole-grain tortillas, 10” (2 oz each) | 6 lbs 4 oz | 50 pieces | 12 lbs 8 oz | 100 pieces | 7 To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Place tortillas on a sheet pan lined with parchment paper. Shingle tortillas into two rows and cover with parchment paper. Place in a warmer at 135 °F for 10 minutes. |
| *Spinach, baby, fresh, chopped | 3 lbs 8 oz | 2 gal 2 qts | 7 lbs | 5 gal | 8 Place 1 oz (1 cup) spinach onto the center of each tortilla. |
| | | | | | 9 Place 1 ½ oz tilapia on top of spinach. |
| | | | | | 10 Using a No. 16 scoop, portion ¼ cup fruit mixture on top of fish. Fold the bottom of the tortilla up and over the filling. Fold in the outside edges so they nearly touch each other. As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight roll. Save remaining salsa for serving on the side. |
| | | | | | 11 Place 25 wraps seam side down on a sheet pan (18” x 26” x 1”). For 50 servings, use 2 pan. For 100 servings, use 4 pans Critical Control Point: Hold for hot service at 135 °F or higher. |
| | | | | | 12 Cut each wrap on a diagonal. Serve immediately. |
| | | | | | 13 Serve 1 wrap. Using a No. 16 scoop, portion ¼ cup additional fruit salsa on the side. |

NUTRITION INFORMATION

For 1 wrap

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| NUTRIENTS | AMOUNT |
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| Calories | 290 |
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| Total Fat | 6 g |
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| Saturated Fat | 1 g |
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| Cholesterol | 33 g |
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| Sodium | 412 mg |
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| Total Carbohydrate | 38 g |
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| Dietary Fiber | 5 g |
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| Total Sugars | 10 g |
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| Added Sugars | 2 g |
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| Protein | 22 g |
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| Vitamin A | 3486 IU |
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| Vitamin C | 24 mg |
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| Calcium | 165 mg |
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| Iron | 4 mg |
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

*MARKETING GUIDE

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Tomatoes, fresh | 6 lbs 15 oz | 11 lbs |
| Cilantro, fresh | 5 oz | 10 oz |
| Jalapeños, fresh | 6 ½ oz | 14 oz |
| Spinach, baby, fresh | 3 lbs 8 oz | 7 lbs |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.
Alternate grain – can use pita bread

YIELD/VOLUME

| 50 Servings | 100 Servings |
|------------------------------------|------------------------------------|
| About 50 wraps | About 100 wraps |
| 2 full sheet pans (18" x 26" x 1") | 4 full sheet pans (18" x 26" x 1") |