**Grilled Rockfish with Poke Sauce and Tabbouleh Salad**

**Produce**

garlic *(if needed)*

1 shallot *(if needed)*

1 bunch green onions

one package fresh mint leaves

1 bunch fresh curly parsley

1 cucumber *(if needed)*

1 bunch asparagus

1 pint cherry tomatoes or 1 medium slicing tomato *(if needed)*

2 lemons

1 nectarine

1 piece fresh ginger root

**Canned/Dried Foods**

1 C bulgur *(if needed)*

¼ C. raw sesame seeds

good olive oil*(if needed)*

sesame oil *(if needed)*

low sodium vegetable broth *(if needed)*

low-sodium soy sauce or tamari *(if needed)*

Asian garlic chili sauce *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

8-10 oz. fresh rockfish