

ROYAL GREENLAND

## DELICRISP ROCK SOLE FILLETS, BREADED, MSC

100-130G, 60% FISH, 5 KG, FROZEN

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Northern rock sole is commonly found in the North Atlantic Ocean. It has a mild and delicate flavour, with a slightly sweet undertone. The meat texture is quite delicate, with flaky and tender flesh. When cooked, the meat of the northern rock sole is moist and white.

The fillets are breaded in a brand new improved breading, DeliCrisp, which is distinguished by keeping its crispiness for a longer time after cooking!

### INGREDIENTS

Northern rock sole (**Fish**) (*Lepidopsetta polyxystra*) 60%, flour (**Wheat**), water, durum flour (**Wheat**), potato starch, salt, yeast, white pepper. A few bones may remain.

### COOKING INSTRUCTIONS

Always prepare from frozen: Deep fryer: 2-3 minutes in pre-heated oil (180°C).  
Frying pan: 3-4 minutes on each side in butter or margarine.

### CATCHING GEAR

Trawls

### CATCHING AREA

Northeast Pacific (FAO 67)

Species	Lepidopsetta polyxystra
Item number	152126074
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	608 kJ / 144 kcal
Fat	1.8 g
- of which saturates	0.6 g
Carbohydrates	20 g
- of which sugars	1.6 g
Protein	12 g
Salt	0.77 g

### ALLERGENS

Cereals, Fish

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301209607

### PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	541.4
Net weight (kg)	480
Height (mm)	1797
Width (mm)	800
Length (mm)	1200
EAN no.	5740301209614

### LANGUAGES ON LABEL

DK, EN, DE, SE