

ROYAL GREENLAND

ROCK SOLE FILLETS, MARRIED, BREADED, MSC

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

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Species	Lepidopsetta polyxystra
Item number	152126761
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	965 kJ / 230 kcal
Fat	11 g
- of which saturates	1.1 g
Carbohydrates	22 g
- of which sugars	1.6 g
Protein	11 g
Salt	0.86 g

ALLERGENS

Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	140
Width (mm)	294
Length (mm)	395
EAN no.	5740301209669

PALLET DETAILS

Masters in EUR 1/1 pallet	56
Masters per layer	8
Layers per pallet	7
Gross weight (kg)	326
Net weight (kg)	280
Height (mm)	1126
Width (mm)	800
Length (mm)	1200
EAN no.	5740301209676

LANGUAGES ON LABEL

EN, DE, SE, DK

Northern rock sole is commonly found in the North Pacific 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.

Breaded fillets offer a rapid, tasty and easy way to cook and serve fish that is simple to use as part of a recipe or as an individual menu item on a buffet.

INGREDIENTS

Northern rock sole (**Fish**) (*Lepidopsetta polyxystra*) 60%. Rapeseed oil, flour (**Wheat**), durum flour (**Wheat**), water, potato starch, salt, yeast, sugar, wheat gluten (**Wheat**). Pre-fried in rapeseed oil. A few bones may remain.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven 13-15 minutes at 200°C

CATCHING GEAR

Trawls

CATCHING AREA

Northeast Pacific (FAO 67)