

ROYAL GREENLAND

ROCK SOLE FILLETS, MARRIED, BREADED, MSC

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

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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)

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