

# ROYAL GREENLAND PLAICE FILLET W/ SALMON MOUSSE

85-115 G, 4 KG, FROZEN

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Plaice is known for its very flavoursome and white meat with an almost creamy texture. It is low in fat, high in protein and a great source of vitamin B12 and selenium.

Our pre-rolled fillets are ovenable straight from the freezer and offer a center of rich, creamy mousse. With uniform size and shape, portion control is easy as well as the product is ideal for buffets or single servings.

## INGREDIENTS

Plaice fillet (**fish**) (50%), salmon mousse (50%): salmon (**fish**) (29%), cream (**milk**), water, egg whites (**egg**), smoked salmon (**fish**) (4%), modified starch (E1442), rapeseed oil, salt, milk protein (**milk**), onion, spices (pepper, paprika). Water (protective glaze). A few bones may remain.

## SERVING

The fresh and slightly sweet aromas of plaice are well-accompanied by savoury flavours. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavours.

## COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in a water bath with lid for approx. 20 minutes at 160°C in a pre-heated oven. Microwave: 4-5 minutes at 700 W.

## CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	161011000
Net weight incl. glaze	4200 g
Net weight excl. glaze	4000 g
Glaze (%)	5
Shelflife (days)	540
Storage	Frozen

## NUTRITIONAL VALUES PER 100G

Energy	435 kJ / 104 kcal
Fat	5.2 g
- of which saturates	1.9 g
Carbohydrates	0.7 g
- of which sugars	0 g
Protein	13 g
Salt	0.8 g

## ALLERGENS

Eggs, Fish, Lactose

## MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	4.5
Net weight (kg)	4
Height (mm)	114
Width (mm)	300
Length (mm)	385
EAN no.	5740300906378

## PALLET DETAILS

Masters in EUR 1/1 pallet	120
Masters per layer	8
Layers per pallet	15
Gross weight (kg)	564.8
Net weight (kg)	480
Height (mm)	1873
Width (mm)	800
Length (mm)	1200
EAN no.	5740300989258

## LANGUAGES ON LABEL

EN, DE, FR, DK, SE, NL