

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