

ROYAL GREENLAND

FISH FILLET, BREADED, MSC

130-160G, 60% FISH, PRE-FRIED, 5 KG, FROZEN

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This fish is a cost-efficient alternative to plaice. The meat is bright white with a firm texture to the meat, and offers a mild and pleasant taste.

Breaded, married 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. The fillets are ovenable straight from the freezer.

INGREDIENTS

Yellowtail flounder fillet or Yellow tail flounder (60%) (**fish**), breading (40%): rapeseed oil, wheat flour (**wheat**), durum wheat (**wheat**), water, potato starch, salt, yeast, sugar, wheat gluten (**wheat**). Pre-fried in rapeseed oil.

SERVING

The mild and delicate aromas of the fillets are well accompanied by savoury flavours. The fillets are well suited for fast cooking.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: 13-16 minutes at 200°C in a pre-heated oven.

CATCHING GEAR

Trawls

CATCHING AREA

Northeast Pacific (FAO 67), Northwest Atlantic (FAO 21)

Species

Limanda aspera, *Limanda ferruginea*

Item number 152129160

Net weight 5000 g

Shelflife (days) 540

Storage Frozen

MSC certificate no. MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	0 kJ / 0 kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	0 g
Salt	0 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.	5740301153610

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	542
Net weight (kg)	480
Height (mm)	1801
Width (mm)	800
Length (mm)	1200
EAN no.	5740301153627

LANGUAGES ON LABEL

EN, DK, SE, FI, DE