



# Markwell Crunchy Ovenable Fish

332145

Natural skinless Alaskan Pollock hand coated in a crunchy golden crumb.

- \* Sustainably Wild Caught Alaskan Pollock
- \* Skinless & Boneless
- \* Oven & Deep Fry Ready

Ideal for:

Cafes, restaurants, QSR, clubs, hotels, catering, hospitals, canteens and institutions.



Certifications:

HACCP Certified. MSC Certified.

## Product Information

Code	Product	Units/Carton	Piece Size
332145	Markwell Crunchy Ovenable Fish	3.3Kg Bulk	110g

## Nutrition Information

Servings per pack: 30  
Serving size: 110g

	Avg Qty per serving	Avg Qty per 100g
Energy	811kJ	737kJ
Protein	13.9g	12.6g
Fat -Total	4.3g	3.9g
-Saturated	0.6g	0.5g
Carbohydrate	24.2g	22g
Sugars	0.0g	0.0g
Sodium	425mg	386mg

## Cooking Instructions Cook Before Consumption

### Method 1 (Preferred preparation method)

Oven Bake: Preheat oven to 220°C. Cook for 18-22 minutes until crunchy and brown.

### Method 2

Deep Fry: Preheat fryer to 180°C. Cook for 6-7 minutes or until piping hot in the centre.

Ingredients: MSC Certified Alaskan Pollock (53%), Batter [Water, Wheat Flour, Thickener (1404), Emulsifier (1420), Leavening Agents (450, 500), Starch, Rice Flour, Salt, Dextrin, Spice, Yeast Extract, Flavour (621)], Crumb [Wheat Flour, Salt, Dry Yeast, Antioxidant (300)], Soybean Oil.

Allergens: Contains Fish, Gluten and Soy.

Product of China

Storage: Keep frozen at or below -18°C

Frozen Shelf Life: 2 Years from production

Chilled Shelf Life: Not recommended





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## Packaging

Packaging Configuration **3.3KG**

Outer:

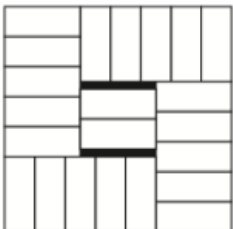


Packaging Type: Printed Food Grade Plastic Bag

Barcode: 19010389321459

Dimensions: 375 x 145 x 130mm

## Pallet Configuration



22P1

22 Cartons per layer

8 Layers per pallet

176 Cartons per pallet