



Markwell Crunchy Ovenable Fish 85g

332140

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
332140	Markwell Crunchy Ovenable Fish	3.5Kg Bulk	85g

Nutrition Information

Servings per pack: Approx 45
Serving size: 85g

	Avg Qty per serving	Avg Qty per 100g
Energy	626kJ	737kJ
Protein	10.7g	12.6g
Fat -Total	3.3g	3.9g
-Saturated	0.4g	0.5g
Carbohydrate	18.7g	22g
Sugars	0.0g	0.0g
Sodium	328mg	386mg

Cooking Instructions Cook Before Consumption

Method 1 (Preferred preparation method)

Oven Bake: Preheat oven to 220°C. Cook for 14-18 minutes until crunchy and brown.

Method 2

Deep Fry: Preheat fryer to 180°C. Cook for 5-6 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 **3.8KG**

Inner:

Packaging Type: N/A

Barcode: N/A

Outer:

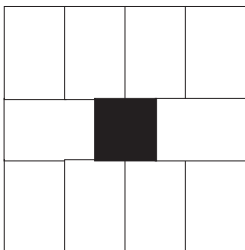


Packaging Type: Printed Cardboard Carton

Barcode: 19010389321404

Dimensions: 385mm(L) x 195mm(W) x 130mm(H)

Pallet Configuration



16S1

16 Cartons per layer

8 Layers per pallet

128 Cartons per pallet