



# Markwell “MSC” Skinless Tempura Fish 145g

332493

Natural skinless Alaskan Pollock hand coated in a crispy tempura batter.



- \* Sustainably Wild Caught Alaskan Pollock
- \* Individually Quick Frozen
- \* Skinless & Boneless
- \* Natural Fish Fillets

**Ideal for:**

Cafes, restaurants, QSR, clubs, hotels and catering.

**Certifications:**

HACCP Certified. MSC Certified

### Product Information

Code	Product	Units/Carton	Piece Size
332493	Markwell “MSC” Skinless Tempura Fish 145g	4.35kg Bulk	145g

### Nutrition Information

Servings per pack: Approx. 30  
 Serving size: 145g

	Avg Qty per serving	Avg Qty per 100g
Energy	951 kJ	656 kJ
Protein	17.0 g	11.7 g
Fat -Total	5.5 g	3.8 g
-Saturated	1.9 g	1.3 g
Carbohydrate	26.0 g	17.9 g
Sugars	0.3 g	0.2 g
Sodium	392 mg	270 mg

**Ingredients:** MSC Certified Alaskan Pollock (56.8%), Tempura Batter (40.2%) [Water, Wheat Flour, Starch, Thickener (1404), Emulsifier (1420), Leavening Agents (450, 500), Rice Flour, Salt, Dextrin, Edible Glucose, Sugar], Soybean Oil.

**Allergens:** Contains Fish, Gluten and Sulphites.

Product of China

### Cooking Instructions Cook Before Consumption

#### Method 1 (Preferred preparation method)

Deep Fry: Cook from frozen. Preheat oil to 180°C. Cook for 6 - 7 minutes or until golden brown.

**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 **4.35kg Bulk**

Inner:

Packaging Type: N/A

Barcode: N/A

Outer:

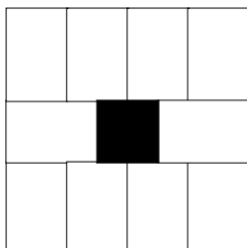


Packaging Type: Printed Cardboard Carton

Barcode: 19310389324931

Dimensions: 365mm(L) x 185mm(W) x 135mm(H)

### Pallet Configuration



**18U1**  
 18 Cartons per layer  
 7 Layers per pallet  
 126 Cartons per pallet