



# Goldband Snapper Fillets Skin On

Goldband snapper has chunky flesh with a moist succlent tex ture with a full fish flavour.

Perfect for cooking a number of ways, pan fried, barbequed, oven baked, steamed, crumbed, battered or fried.

- \* Individually Wrapped Portions
- \* Wild Caught
- \* Boneless Fillet

Ideal for: Cafes, restaurants, QSR, clubs, hotels.

#### **Certifications:** HACCP Certified

#### **Product Information**

Product	Units/Carton	Piece Size
Goldband Snapper Fillets	5kg Bulk	Various

## **Nutrition Information**

Servings per pack: 50 Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	405kj	405kj
Protein	20.4g	20.4g
Fat -Total	1.6g	1.6g
-Saturated	0.5g	0.5g
Carbohydrate	0.0g	0.0g
Sugars	0.0g	0.0g
Sodium	85mg	85mg

# Cooking Instructions Ready To Eat

## Method 1 (Preferred preparation method)

Thaw portions in the refrigerator over night. Fish can be pan fried, barbequed, oven baked or steamed, or crumbed or battered and fried. Product is raw and must be fully cooked before consumption.

Storage: Keep frozen at or below -18°C.

Frozen Shelf Life: 2 Years from production.

Chilled Shelf Life: Once thawed consume within 5 days.

Ingredients: Goldband Snapper *(Pristipomoides spp)* (100%)Allergens: Contains Fish





Product of Indonesia