



## Crunchy Ovenable Fish- 110g

332145

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

- \* MSG Certified Wild Caught Alaskan Pollock
- \* Skinless & Boneless
- \* Natural Fish Fillets
- \* Portion Control - 110g



**Ideal for:**  
Cafes, Restaurants, QSR, Clubs, Hotels, Catering

**Certifications:**  
HACCP

### Product Information

Code	Product	Units/Carton	Piece Size
332145	Shore Mariner Crunchy Ovenable Fish - 110g	3.3kg Bulk	110g

### Nutrition Information

Servings per pack: Approx. 30  
Serving size: 110g

	Avg Qty per serving	Avg Qty per 100g
<b>Energy</b>	811 kJ	737 kJ
<b>Protein</b>	13.9 g	12.6 g
<b>Fat - Total</b>	4.3 g	3.9 g
- Saturated	0.6 g	0.5 g
<b>Carbohydrate</b>	24.2 g	22 g
<b>Sugars</b>	0 g	0 g
<b>Sodium</b>	425 mg	386 mg

#### Ingredients:

MSC Certified Alaskan Pollock (*Theragra chalcogramma*) (Fish) (53%), Batter [Wheat Flour, Thickener (1404), Leavening Agents (450, 500), Stabiliser (412), Salt, Yeast Extract, Spices, Flavour], Water, Breadcrumbs [Wheat Flour, Salt, Dry Yeast, Antioxidant (300)], Soybean Oil

Contains Fish, Wheat, Gluten

MADE IN CHINA

### Cooking Instructions

#### Method 1

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

#### Method 2

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

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

**Frozen Shelf Life:** 2 years





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## Packaging

Packaging Configuration **3.3kg Bulk**

Inner:

Outer:



Packaging Type: N/A

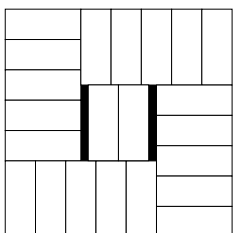
Barcode: N/A

Packaging Type: Cardboard Carton

Barcode: 19310389321459

Dimensions: 375mm(L) x 145mm(W) x 130mm(H)

### Pallet Configuration



22P1

22 Cartons per layer

8 Layers per pallet

176 Cartons per pallet