

Flounder fillet with bearnaise filling 140-170g 5kg frozen



Product code	801710
EAN code	08719689614232
Selling unit	box
Country of origin	Netherlands
Brand	Topfish
Shelf life (days)	540
Net weight	5000 g
Energy	903 kJ (216 kcal)
Carbohydrate	21.5 g
Protein	10.2 g
Fat	9.5 g
Saturated fat	2.2 g
Salt	0.8 g
Fibre	1.0 g
Sugar	1.0 g

Ingredient Statement

FLOUNDER fillet 41% (*Platichthys flesus*), WHEAT flour, Bearnaise sauce [water, BUTTER, modified starch (potato), maltodextrin (maize), salt, skinny MILK powder, rapeseed oil, rice starch, EGG, emulsifier (E322, sunflower), dragon, acidity regulator (E330), white wine vinegar, guar gum, white pepper, corn starch, naturally aroma, chlorophyll (E141), water, rapeseed oil, salt, yeast.

Allergen

Contains: Cereals containing gluten and its derivatives, Eggs and their derivatives in the product, Fish and their derivatives in the product,, Milk and its derivatives, Wheat and its derivatives

Preparation Instructions

Product need to be heated before using. Deep-fry: Fry in oil or fat at 180°C for approx. 4-6 minutes until golden brown.

Pan-fry: Fry in oil or fat over a moderately high heat for approx. 9-11 minutes. Turn the product regularly.

Oven: Preheat oven to 220°C (Fan-assisted oven 200°C). Place the product on a plate that is suitable for use in the oven and cook for 19-21 minutes.

Consumer Storage Instructions

At min. -18 °C. Do not refreeze after defrosting.