Lightly dusted plaice

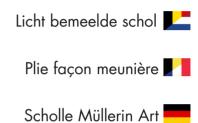
by Mowi

These natural plaice fillets, from MSC certified sustainable fisheries in the North Sea, have been lightly dusted with a fine flour coating, flavoured with lemon and parsley. The coating protects the delicate fish flesh and ensures a great baking result and taste sensation after preparation in the oven, or in a pan, fryer or airfryer.



Product Information

Scientific name:	Pleuronectes platessa	
Origin:	Caught in the north-east Atlantic Ocean (FAO 27) - North Sea MSC certified	
Sustainability:		
Composition:	Natural plaice fillets in a fine flour coating, pre-fried	
Range:	Lemon & Parsley	
Product weight:	140-160g	
Shelf life:	Frozen -18°C:	18 months





Preparation - from frozen

