

Breaded rock sole

by Mowi

These natural, MSC certified rock sole fillets from the north-east Pacific Ocean have been coated with a crispy bread crumb coating. This offers you the delicious combination of the delicate fish flavour and texture with the crunch of its crispy bread crumb coating. The coating protects the delicate fish flesh and ensures a great baking result and taste sensation after frying.



Gepaneerde Pacifische schol 

Plie Pacifique panée 

Pazifische Scholle in Panade 



Product Information

Scientific name:	<i>Lepidopsetta bilineata</i>
Origin:	Caught in the north-east Pacific Ocean (FAO 67)
Sustainability:	MSC certified
Composition:	Natural rock sole fillets in a crispy bread crumb coating, non pre-fried
Range:	Natural
Product weight:	180-200g
Shelf life:	Frozen -18°C: 18 months

Preparation - from frozen

