## **Breaded plaice**

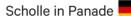
## by Mowi

These natural plaice fillets, from MSC certified sustainable fisheries in the North Sea, have been coated with a crispy bread crumb coating, either natural or flavoured with lemon and herbs. We also offer stuffed plaice fillets in a bread crumb coating, in two varieties: with prawns & mushrooms, or with cheese & broccoli. The combination of textures of the fish, the melting sensation of the sauces and the crunch of the coating make these products delicious meal centres which are very easy to prepare. The coating protects the delicate fish flesh and ensures a great baking result and taste sensation after baking or frying.











## **Product Information**

Preparation - from frozen

Scientific name: Pleuronectes platessa

Origin: Caught in the north-east Atlantic Ocean (FAO 27) - North Sea

Sustainability: MSC certified

**Composition:** Natural plaice fillets in a crispy bread crumb coating,

pre-fried

Range: Natural, Lemon & Herbs; stuffed with Prawns & Mushrooms or

Cheese & Broccoli

Product weight: 140-160g, 160-180g, 180-200g

Shelf life: Frozen -18°C: 18 months







