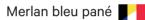
Breaded southern blue whiting by Mowi

These natural fillets of southern blue whiting from MSC certified fisheries in the south-west Pacific Ocean have been breaded with a crispy bread crumb coating to protect the delicate fish flesh and get a great baking result during preparation. Available in two different sizes. The crunch of the crispy bread crumb coating in combination with the delicate flavour and texture of the fish result in delicious and convenient products for all the family. Breaded and pre-fried fish is convenient and easy to prepare. No culinary skills needed, yet a great result both for the eye and the plate.











Product Information

Scientific name: Micromesistius australis

Origin: Caught in the south-west Pacific Ocean (FAO 81)

Sustainability: MSC certified

Composition: Natural southern blue whiting fillets in a crispy bread

crumb coating, pre-fried

Range: Natural

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

Shelf life: Frozen -18°C: 18 months

Preparation - from frozen







