

# FISH SOUP

## INGREDIENTS

Water, frozen perch fillet, fresh potatoes, carrot, frozen diced onion, **CELERY**, extra virgin olive oil, salt, natural lemon juice, corn flour, garlic, black ground pepper.



RETAIL TRAY  
HO.RE.CA TRAY

## ALLERGENS STATEMENT

The product contains: **FISH, CELERY.**

The product may contain traces of: **MOLLUSKS, CRUSTACEANS.**



### Preparation and heating instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least **75°C/167°F** throughout. The product is consumed warm at a temperature of **60°C/140°F**.



Standard oven

**170°C**  
HEATING TIME

**25'-30'**



Microwave oven

**750watt**  
HEATING TIME

**3'-4'**

## NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	PROTEINS	SALT
439kj 105kcal	5.5g	0.8g	7.3g	3.8g	6.5g	0.93g
5*	7*	4*	3*	4*	13*	15*

«% adult RI per 100g RI = Reference intake of an average adult (8400kj/2000 kcal)»



SCAN ME

