

PERCH FILLET IN LEMON SAUCE

INGREDIENTS

Frozen PERCH fillet, **MUSTARD** (water, **MUSTARD SEED**, vinegar, sugar, salt, natural pigment: curcumin, stabilizer: xanthan gum, aromatic substances), extra virgin olive oil, starch 1, starch, parsley, sweet paprika, black pepper, oregano.

ALLERGENS STATEMENT

The product contains: **CONTAINS FISH, MUSTARD**.
It may contain traces of: **MOLLUSKS, CRUSTACEANS**.

Allergens are marked in bold.



HO.RE.CA TRAY
(1500g / 52.910 Oz)



**preparation
instructions**

Take the container out of the deep freeze.
Pierce the plastic film in 4 spot. |

HO.RE.CA. TRAY



**standard
oven**

190°C/374°F
**HEATING
TIME**

50'



**microwave
oven**

1800watt
**HEATING
TIME**

11'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
434kj 103kcal	3.6g	0.6g	1.7g	0.4g	0.1g	16.0g	546mg	1.37g
5*	5*	3*	1*	1*	-	32*	-	23*

*% adult RI per 100g RI = Reference intake of an average adult (8400 kJ / 2000 kcal)

SCAN ME



Times are indicative and may vary depending on the oven used, temperature of the food should be at least 75°C/167°F throughout.
At the end of the heating time, remove the plastic film.
The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT