

# PERCH FILLET IN LEMON SAUCE WITH RICE



RETAIL TRAY  
HO.RE.CA TRAY

## INGREDIENTS

Perch fillet in lemon sauce: frozen PERCH fillet, mustard (water, **MUSTARD SEED**, vinegar, sugar, salt, natural pigment: curcumin, stabilizer: xanthan gum, aromatic substances), extra virgin olive oil, corn flour, salt, natural lemon juice, parsley, sweet paprika, black ground pepper, oregano. Boiled rice: water, rice, frozen vegetables mix (green peas, carrots, green beans, flambé peppers, corn), extra virgin olive oil, mustard (water, **MUSTARD SEEDS**, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.

## ALLERGENS STATEMENT

The product contains: **CONTAINS FISH, MUSTARD.**

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
534kj 127kcal	3.8g	0.6g	13.0g	<0.5g	10.0g	1.10g
6*	5*	3*	5*	<1*	20*	18*

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



SERVING SUGGESTION

SCAN ME

