

Salmon Portions Skin-On 190-210g (Chefs Selections)

Pack Size: 10X190-210

Product Description:

Premium boneless salmon portions, with the skin left on. Ideal for chefs seeking consistent quality and ease of preparation, perfect for a variety of dishes in busy kitchens. - Consistent portion size of 190-210g ideal for menu control. - Individually vacuum packed to maintain freshness and quality.

Brand: Chefs Selections



Ingredient Declaration: Atlantic Salmon (*Salmo salar*) (FISH)

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Fish

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
----------------	-----

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	217 kcal / 902 kJ
Fat	15 g
of which Saturates	2.8 g
Carbohydrate	0.5 g
of which Sugars	0.5 g
Fibre	0.2 g
Protein	20.4 g
Salt	0.11 g

Directions For Use:

This product contains raw fish and must be cooked thoroughly before serving. Remove all packaging. Oven cook from frozen. Pre-heat oven to 200oC/180oC Fan/Gas mark 6. Wrap salmon loosely in foil and place on a baking tray in the centre of the oven for 30 minutes. Oven cook from chilled. Pre-heat oven to 200oC/180oC Fan/Gas mark 6. Wrap salmon loosely in foil and place on a baking tray in the centre of the oven for 18 minutes. Cooking appliances vary. These instructions are given as

a guide only. Ensure fish portions are piping hot and cooked throughout before serving. Do not reheat.

Storage Instructions: Keep frozen at -18oC or below. Defrost instructions: Defrost in a refrigerator for 24 hours. Once defrosted, keep refrigerated at 5oC or below and use within 2 days. Do not refreeze once defrosted.

Shelf Life Once Open: 2 Days

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.