

# Breaded plaice

by Mowi

These natural plaice fillets, from MSC certified sustainable fisheries in the North Sea, have been coated with a crispy bread crumb coating, either natural or flavoured with lemon and herbs. We also offer stuffed plaice fillets in a bread crumb coating, in two varieties: with prawns & mushrooms, or with cheese & broccoli. The combination of textures of the fish, the melting sensation of the sauces and the crunch of the coating make these products delicious meal centres which are very easy to prepare. The coating protects the delicate fish flesh and ensures a great baking result and taste sensation after baking or frying.



Gepaneerde schol 

Plie panée 

Scholle in Panade 



## Product Information

Scientific name:	<i>Pleuronectes platessa</i>
Origin:	Caught in the north-east Atlantic Ocean (FAO 27) - North Sea
Sustainability:	MSC certified
Composition:	Natural plaice fillets in a crispy bread crumb coating, pre-fried
Range:	Natural, Lemon & Herbs; stuffed with Prawns & Mushrooms or Cheese & Broccoli
Product weight:	140-160g, 160-180g, 180-200g
Shelf life:	Frozen -18°C: 18 months

## Preparation - from frozen

