

Breaded yellowfin sole

by Mowi

These natural fillets of yellowfin sole, from MSC certified fisheries in the north-east Pacific Ocean, have been coated with a crispy bread crumb coating. They come in various sizes, and we also offer yellowfin sole fillets with a béarnaise sauce topping in a bread crumb coating. The combination of textures of the fish, the melting sensation of the sauce topping and the crunch of the coating make them a delicious meal centre which is 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 Pacifische schar 

Limande du Nord panée 

Pazifische Kliesche in Panade 



Product Information

Scientific name:	<i>Limanda aspera</i>
Origin:	Caught in the north-east Pacific Ocean (FAO 67)
Sustainability:	MSC certified
Composition:	Natural yellowfin sole fillets in a crispy bread crumb coating, pre-fried
Range:	Natural or topped with béarnaise sauce
Product weight:	Natural: 140-160g, 160-180g; Topped: 125g
Shelf life:	Frozen -18°C: 18 months

Preparation - from frozen

