

# Hake Delight

by Mowi

These natural hake fillets, caught in the south-east Atlantic Ocean, have been lightly coated with a fine flour coating on the bottom and marinated on the top. We offer two different marinade varieties: Lemon & parsley or tomato & basil. The light coating protects the delicate fish flesh and adds just a bit of crisp, while the texture of the fish remains visible on the top side of the product. This results in a restaurant quality product and ensures a multi-faceted taste sensation. Quick and easy to prepare in the oven, pan or airfryer. A perfect combination of convenience and indulgence.



Heek 'Delight' 

Merlu 'à la minute' 

Seehecht 'Delight' 



## Product Information

Scientific name:	<i>Merluccius merluccius</i>
Origin:	Caught in the south-east Atlantic Ocean (FAO 47)
Sustainability:	The hake fisheries entered into initial assessment for MSC certification in March 2017
Composition:	Natural hake fillets with a light flour coating, pre-fried and marinated on the top
Range:	Lemon & Parsley or Tomato & Basil
Product weight:	160g-190g, 180-200g
Shelf life:	Frozen -18°C: 18 months

## Preparation - from frozen

