

Now Launching!



Tempura Pollock

- COCKTAIL PIECES & FILLETS -

Alaska Pollock is a mild-flavoured white fish with a delicate and flaky texture. All Alaska Pollock is wild-caught in the northern Pacific Ocean. Alaska pollock is a good source of omega-3 fatty acids, high in protein, and low in carbohydrates and fat.

• Light and crispy • Full of flavour • Quick and easy to prepare!

Tempura Pollock Cocktail Pieces

1 kg
FSH2825

• 22 - 32 g per piece • ±31 - 45 pieces per 1 kg
Bite-sized and perfect for kids!

Tempura Pollock Fillets

30 x 115 g
FSH2823

• 30 portions per box • 115 g portions

Tempura Pollock Fillets

30 x 145 g
FSH2824

• 30 portions per box • 145 g portions



Suitable for:

- Starters • Platters • Kid's Meals
- Light meals • Snack Baskets

Suitable for:

- Family meals • Light meals

Suitable for:

- Family meals • Light meals



These are raw products. Please cook thoroughly before consumption. These instructions are a guide only as cooking appliances may vary.

COOK FROM FROZEN. DO NOT THAW.

Deep-fry

Preheat vegetable oil to 180°C. Fry for 5-6 minutes until golden brown. Serve hot with a side of your choice.

Shallow-fry

Preheat 5mm of vegetable oil to medium heat. Fry in a covered pan for 7-8 minutes each side until golden brown. Serve hot with a side of your choice.



Gauteng

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