



PRODUCT INFORMATION

Product Name:	Plant Based Phisy Fillets
Product Description:	Formed plant based protein, coated in breadcrumb, par fried and IQF snap frozen.
Product Weight:	5.5 kg bulk 50 fillets per case
Item Code:	105646
Mastercase UPC:	10670834007598

QUALITY INFORMATION

Batch Coding:	Best before date / Batch number
Storage:	Keep frozen. Store at or below -0.4°F (-18°C)
Shelf Life Frozen:	18 months
Shelf Life Thawed:	7 days if stored below 40°F (4°C)

OUR INGREDIENTS

Water, Soy protein, Whole wheat flour, Canola oil, Modified corn starch, Wheat semolina, Coconut oil, Methylcellulose, Cellulose gum, Salt, Wheat gluten, Yeast extracts, Dehydrated vegetables (onion, garlic), Sugar, Maltodextrin, Spices (paprika, celery, pepper, turmeric), Yeast, Natural flavours, Guar gum, Olive oil.

Contains: Wheat. Soy.

Nutrition Facts Valeur nutritive

Per 1 fillet (110 g)
Pour 1 filet (110 g)

Calories 280

% Daily Value*
% valeur quotidienne*

Fat / Lipides 12 g	18%
Saturated / saturés 2.5 g	13%
+Trans / trans 0 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4%
Sugar / Sucres 4 g	4%
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 470 mg	20%
Potassium 430 mg	9%
Calcium 24 mg	2%
Iron / Fer 1.5 mg	11%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Sensory Attribute	Description of Requirement
Colour:	Golden breadcrumb coating. Uniform off white plant based centre.
Appearance:	Typical of fish shape with pointy end. Golden brown with no gaps and voids in crumb coating. Off white/beige meat free centre.
Aroma:	Savoury fried aroma. No off rancid aromas.
Flavour:	Savoury umami/fish like flavour. No off/rancid flavour.
Texture:	Crisp coating with a tender and succulent meat free portion, slightly firm. Shall not be overly dry, tough, too mushy or soft.

COOKING INSTRUCTIONS

- Inner temperature should be (74°C | 165°F)
- Cook from frozen

Oven:

1. Line an oven tray with parchment paper and place in the oven.
2. Preheat oven to 200°C / 400°F.
3. Remove fillets from packaging and place onto preheated lined baking tray.
4. Place tray in oven and cook for 20-25 minutes, turn halfway through and cook until fillets are golden brown.
5. Remove from oven and serve.

Air-Fry:

1. Pre-heat air fryer to 200°C / 400°F.
2. Remove fillets from packaging and place in the air fryer basket. Spread out into a single layer. No oil is required.
3. Cook for 10-15 minutes or until golden brown.
4. Remove from air fryer and serve.

Please Note: This is a guide only as appliance temperatures can vary. You may need to adjust cooking times accordingly. Product must be fully cooked prior to consumption.



FAMILY FAVOURITE

Our fillets are truly versatile, easy to prepare and full of flavour. These tasty treats will definitely keep bringing you back for more.

Food that's made to share

We love seeing people enjoy our products surrounded by friends and family. Our food is about spending time with the people you love. It's about sharing stories and creating memories that last a lifetime.