

Arctic Royal Pollock Fillets 110-140g - Information

MSC Alaskan Pollock Fillets, Skinless, Boneless, Individually quick frozen, 110-140g (deglaed 88-112g) x 30.

Our Product Code: 032817
Suppliers Product Code: 213024
Information Last Updated: 09/02/2026
Date Produced: 21/07/2026

Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	72.00
Energy (kJ)	305.00
Protein (g)	16.40
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.17

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Pollock (Fish) (Theragra chalcogramma)

Handling Information

Directions for Use

For best results cook from frozen. This product contains raw fish and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure fish fillets are piping hot and cooked throughout before serving. Oven bake (from frozen): Pre-heat oven to 200°C/180°C/Gas mark 6. Place fillets on foil, dot with butter and season with salt and pepper to taste. Wrap loosely in foil and place on baking tray in the centre of the oven. Bake for 15-20 minutes or until cooked through.

Storage Instructions

Keep frozen at -18oC or below. Do not refreeze, after defrosting.

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