

## TFS - Seafood Arno/Artic Royal - Tiger Prawns Size 16/20 Uncooked Shell Off - Information

Frozen Raw Peeled & Deveined Tail Off IQF Vannamei Prawns, (16/20 pcs/lb Frozen Count), 10 x 700g (excluding ice glaze)

**Our Product Code:** 024536  
**Suppliers Product Code:**  
**Information Last Updated:** 16/09/2024  
**Date Produced:** 14/08/2025



### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	36.00
Energy (kJ)	155.00
Protein (g)	7.80
Carb (g)	1.20
Of Which Sugars (g)	0.50
Fat (g)	0.50
Of Which Saturates (g)	0.10
Fibre (g)	0.50
Salt (g)	1.70

### Dietary Information

Key: **Suitable for**



**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

Prawns (CRUSTACEANS), Stabilisers; E451, E452, Antioxidant: E223 (Sulphites)

### Handling Information

#### Directions for Use

Cooking instructions: For the best results defrost before cooking. Defrost at room temperature for approx. 3 hours or overnight in refrigerated. Once defrosted keep refrigerated and consume within 24 hours. This product contains raw prawns and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure prawns are piping hot before serving. Not suitable for microwave cooking. GRILL: Place under a pre-heated grill for 8 minutes. Turn once halfway through cooking. SHALLOW FRY: Preheat 1 tbsp. of olive or a knob of butter in a frying pan. Cook prawns over a medium heat for 3 minutes, stirring continuously. AS A GUIDE RAW PRAWNS TURN FROM GREY TO PINK WHEN COOKED.

#### Storage Instructions

Keep frozen at -18 'C Star marked frozen food compartment: \* 1 week (at -6'C) \*\* 1 month (at -12'C) \*\*\* Until Best Before End\* \*\*\*\*\* Food freezer Until Best Before End\* 3 days Ice compartment 24 hours Refrigerator Do not re-freeze once defrosted. \*Should be -18'C or colder.

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