



1 GENERAL INFORMATION			
Product Name:	Seafeast Crispy Fish Goujons		
Product Code:	30131 / UK 63305		
Product Description:	Frozen, Pollock fillet goujons in a crispy batter		
Barcode Inner:	5391533070505	Barcode Outer:	05391533070512
			
Ingredients Declaration:	Alaskan Pollock (<i>Theragra Chalcogramma</i>) (Fish) (58%), Batter (29%) (Wheat Flour, Water, Corn Starch, Raising Agents: Diphosphates, Sodium Carbonates; Yeast Extract, Salt, Sugar, Colour: Paprika Extract; Rice Flour, Dextrose, Flavour: Paprika Extract), Soybean Oil , Wheat Flour, Corn Starch.		
Allergen Declaration:	For allergens, including cereals containing gluten, see ingredients in bold .		
Health Claims:	/		
3 rd Party Claims	/		
Country of Origin:	Packed in	China	
	Meat From	Russia	
	Produced In	China	
Intrastat/Commodity Codes:	1604199190		
Shelf Life:	18 months	Pack size / Weight:	1kg e
Storage Instructions:	Keep frozen at -18°C or below. Once defrosted, do not refreeze.	After Opening (If Applicable):	N/A
Nutritional Data:	Nutrient	Unit	Per 100 g / ml
	Energy (kJ)	KJ	1096
	Energy (kcal)	kcal	262
	Fat (g)	g	16.9
	> Saturates (g)	g	2.1

Product specification

	Carbohydrate (g)	g	17.4
	> of which sugars (g)	g	3.7
	Protein (g)	g	10.6
	Salt (g)	g	0.85
Cooking Instructions:	Remove all packaging prior to cooking.		
	To oven cook from frozen:		
	Preheat oven to 220°C /200°C Fan / Gas Mark.		
	Place the coated fish goujons on a pre-heated baking tray and cook for 20-22 minutes or until golden brown, turning halfway through cooking time.		
	To deep fry from frozen:		
Pre-heat oil to 180°C.			
Place the coated fish goujons in the oil and fry for 3-5 minutes.			
To air fry from frozen:			
Pre-heat air fryer to 180°C.			
Place the coated fish goujons in the air fryer and cook for approx. 10 -12 minutes.			
Please ensure that the product is piping hot prior to serving.			
The above instructions are guidelines only as all appliances may vary.			
Bone Warning	Although great care has been taken to remove all bones, some may remain.		

	Content/Material	Net Weight (KG)	Gross Weight (Kg)	Height (mm)	Width (mm)	Length (mm)	Recyclable
Unit	PEPA Gloss Bag	1kg	1.19	-	260	380	Yes
Case	Cardboard case	1kg x 5	6.45	195	270	350	Yes
Pallet	Cases per Layer	Layers per Pallet					
77	11	7					

Specification approved by Pan Euro Foods	
Signed	<i>Jovanne</i>
Name	Jovanne Yeow
Position	NPD & Technical Executive
Date	22.08.2022