

Cooke

MORUBEL

SEAFOOD MIX IN TOMATO SAUCE



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Specie:

A fully sustainable seafood mix of scallop, musselmeat and squid rings and vannamei prawns is spiced in a red tomato coating. The Mediterranean touch of the sauce lifts this dish to a next level. The amount of sauce can be adapted to the customer's wish and specifications.

Available as

raw coated in sauce

Composition:

Fully sustainable seafood mix produced with Marine or Aquaculture Steward Council Chain of Custody certification. This supply chainbased certification ensures traceability of wild or cultured seafood resources



Allergens: crustaceans, molluscs.



Average nutritional values per 100g (cooked)	
Energie	240 kJ/ 57 kcal
Fat	0,5 g
- of which saturated	0,1 g
Carbohydrates	5,9 g
- of which sugars	3,4 g
Protein	7,1 g
Salt	1,2 g

Preparation:

No need to thaw the product, just add the requested amount of in a preheated pan cook for 6-8 minutes. Just add a table spoon of water if needed. Only consume the seafood when fully cooked. This product can be served with a pasta, a salad or even an freshly oven-baked baguette.

Available packaging:

250g-400g box
250g-1Kg pillow bag
5kg-10Kg bulk