



Pollock Fillet

Specification:

SIZE	PACK	ORIGIN	STORAGE
100-150g or customerized	700g/bag x 12bags x 1ctn	The U.S.A.	At or below -18°C

Cooking Method:



1. Unpack and defrost it
2. Fry with oil in a pan, or cook it in a steam.
3. You can also heat it by oven for about 10minutes at 180°C

Ingredient:

Pollock, water

Other related products:

