



Salmon Fillets

Specification:

SIZE	PACK	ORIGIN	STORAGE INSTRUCTION
6-8 g per fillet	customizable	Chile	store at or below minus 18°C

Cooking Method:

OVEN

Pre-heat oven to 200°C on conventional setting or 180°C fan forced. Remove thawed Salmon fillets from packaging. Wrap the thawed salmon fillets in foil. Place in oven, directly onto middle rack and cook for 12-13 minutes. Remove from oven and allow to stand for 1 minute before consuming.

Shallow Fry

Pre-heat fry pan to medium – high heat. Remove thawed salmon fillet from packaging. Add 15ml (estimated) of suitable oil for frying. Place salmon fillets on pan, and cook for 3-4 minutes. Turn the salmon and cook for a further 3-4 minutes. Ensure Salmon is fully cooked before serving.



Ingredient:

Salmon

Other related products photos:



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