



Salmon Portion

Specification:

SIZE	PACK	ORIGIN	STORAGE INSTRUCTION
20-200 g per piece	XXX Kg (customizable)	Chile	store at or below minus 18°C

Cooking Method:

OVEN BAKE

Preheat oven to 200°C (or 180°C fan forced). Remove salmon portion from packaging, place in a baking dish and cover with tinfoil. Place baking dish in oven and bake for approximately 13 – 15 minutes. Ensure portion is cooked all the way through or until piping hot in centre.

BBQ

Preheat BBQ to a high heat. Remove salmon portion from packaging and rub both sides with olive oil. Cook for 4 – 6 minutes, turning only once. Ensure portion is cooked all the way through or until piping hot in centre.



Ingredient:

Salmon



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