Red Fish Fillets

Specification:

SIZE	PACK	ORIGIN	STORAGE INSTRUCTION
50-200g per fillet	5-10kg (customizable)	Norway,USA Spain	store at or below minus 18°C

Cooking Method:

PAN FRY

Preheat a non-stick fry pan to a medium heat, adding 5mL olive oil, if desired. Cook thawed Red fish fillet for 3 – 4 minutes turning occasionally. Ensure Red fish fillet is cooked all the way through or until piping hot in centre.



OVEN BAKE

Preheat oven to 200°C (or 180°C fan forced). Remove thawed fillets from packaging, place in a baking dish and cover with tinfoil. Place baking dish in oven and bake for approximately 13 – 14 minutes. Ensure fillet is cooked all the way through or until piping hot in centre.

BBQ

Preheat BBQ to a high heat. Remove thawed fillet from packaging and rub both sides with olive oil. Cook for 3 – 4 minutes, turning only once. Ensure fillet is cooked all the way through or until piping hot in centre.

Ingredient:

Redfish

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