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Arctic Royal Cod Fillets 8-10oz (230-290g) Skin on - Information

8-10 oz skin on bone Out Cod Fillets

TFS Product Code: 025721
Suppliers Product Code:
Information Last Updated: 21/11/2022
Date Produced: 13/03/2026

Allergy Information

Key: Contains | May Contain

Sesame, Gluten, Crustaceans, Eggs, Lupin, Nuts, Milk, Celery, Sulphur Dioxide, Soya, Cereal, Peanuts, Fish, Molluscs, Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	82.00
Energy (kJ)	343.00
Protein (g)	18.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.14

Dietary Information

Key: Suitable for

Kosher, Vegetarian, Halal, Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Cod (Gadus Morhua) (FISH)

Handling Information

Directions for Use

COOKING INSTRUCTION: FOR BEST RESULTS COOK FROM FROZEN. This product contains raw fish and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure fish fillets are piping hot and cooked throughout before serving. OVEN BAKE: Pre-heat oven to 200°C/180°C fan/Gas mark 6. Place fillets on foil, dot with butter and season with salt and pepper to taste. Wrap loosely in foil and place on baking tray in the centre of the oven. Bake for 25-30 minutes or until cooked through.

Storage Instructions

Keep frozen once defrosted, do not refreeze.

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