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Artic Royal Tuna Supremes 6/8oz 170-230g - Information

Frozen Raw Tuna Loin Skinless, Boneless, 170-230g (deglazed 153-207g) x 10

TFS Product Code: 021737
Suppliers Product Code:
Information Last Updated: 21/11/2022
Date Produced: 11/11/2026



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)	95.00
Energy (kJ)	397.00
Protein (g)	21.00
Carb (g)	0.10
Of Which Sugars (g)	0.00
Fat (g)	0.40
Of Which Saturates (g)	0.10
Fibre (g)	3.50
Salt (g)	1.30

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

Yellowfin Tuna (Thunnus albacares) (FISH)

Handling Information

Directions for Use

Cooking instructions: Defrost in a refrigerator before use. Do not refreeze once defrosted. These instructions are guidelines only as cooking appliance vary. Ensure that the product is piping hot and cooked throughout before serving. GRILL: Season the loin portions with fresh salt and pepper or herbs and grill under a medium heat for 2-4 minutes on each side. PAN FRY: Season the loin portions with fresh salt and pepper and fry in a little oil over a medium heat for 2-4 minutes on each side. OVEN BAKE: Preheat an oven to 200'C (Fan 180'C, Gas Mark 6). Season the loin portions with fresh salt and pepper and little oil then wrap in foil and bake for around 10-15 minutes.

Storage Instructions

Store at -18'C or below

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