

SEAGOLD

RAW PRAWN MEAT

CREVETTES DÉCORTIQUÉES CRUES



MF CODE: 3157 | 10 x 700 g | 7 kg

SEAGOLD

RAW PRAWN

- Great for a variety of cuisines.
- Peeled & Tail-off
- Low Fat



PRODUCT INFORMATION

Code	Inner Barcode	Outer Barcode	Inner Dimensions	Outer Dimensions
3157	9414169315713	19414169315710	285 x 215 x 40	390 x 280 x 200

Nutrition Information

Servings per pack: 7
Serving size: 100 g

	Avg Qty per Serving	Avg Qty per 100 g
Energy	277 kJ	277 kJ
Protein	14.3 g	14.3 g
Fat, Total	0.7 g	0.7 g
- Saturated	0.3 g	0.3 g
Carbohydrate	0.7 g	0.7 g
- Sugars	0.0 g	0.0 g
Sodium	292g	292 mg

Ingredients: Prawn (Crustacean), Water, Salt, Mineral Salts (451, 452).

Contains: Crustacea.

THAWING INSTRUCTIONS

For best results, store in a closed bag or clean container and refrigerate until thawed. Drain off any excess liquid.

ONCE THAWED, KEEP REFRIGERATED AND CONSUME WITHIN 3 DAYS. DO NOT RE-FREEZE.

COOKING INSTRUCTIONS

The following are guidelines only, some appliances may vary.



PAN FRY

Cook thawed prawns over medium-high heat for approximately 3 - 5 minutes or until flesh is completely white and non-translucent.



BBQ

Cook thawed prawns over medium-high heat for approximately 3 - 5 minutes or until flesh is completely white and non-translucent.

KEEP FROZEN, STORE AT -18°C OR COLDER.

THIS PRODUCT IS RAW AND MUST BE FULLY COOKED PRIOR TO CONSUMPTION.

FOR BEST RESULTS, CONSUME WITHIN 3 MONTHS OF PURCHASE.

FOR HUMAN CONSUMPTION ONLY - NOT TO BE USED AS BAIT OR FEED FOR AQUATIC ANIMALS.