

TECHNICAL DATA SHEET



Product and origin

BRAND NAME:	COUS COUS AL SUGO DI PESCE
DESCRIPTION:	FROZEN PRECOOKED COUS COUS WITH FISH SAUCE IN VACUUM SKIN TRAY
Country of origin:	Italy
Processing:	Fish cleaning, filleting and cutting. Mixing of ingredients and cooking. Addition of precooked cous cous. Vacuum skin packaging and freezing.

Composition and allergens

Ingredients:	PRECOOKED COUS COUS (DURUM WHEAT FLOUR, WATER, SALT), FISH SAUCE (TOMATO SAUCE (TOMATOES, SALT) YELLOWFIN TUNA, SEA BREAM, SEA BASS, SALMON, SWORD FISH, TOMATO CONCENTRATE (TOMATO, SALT), EXTRA VIRGIN OLIVE OIL, SHALLOT, PARSLEY, SALTED ANCHOVIES (ANCHOVIES, SALT), SALT, GARLIC, SPICY CHILI PEPPER)
Allergens:	FISH, GLUTEN, traces of CRUSTACEANS, MOLLUSCS, SOY and SESAME

Product characteristics

Organoleptic characteristics:	Absence of unpleasant or pungent tastes and odours, flavours in accordance with the ingredients
Microbiological characteristics:	Listeria monocytogenes: Absent
Salmonella spp:	Absent
Escherichia coli	Absent

Average nutritional values per 100 g of product

energy kcal	165
energy kj	692
fats g	5,1
of which saturated fatty acids g	0,9
carbohydrates g	22
of which sugars g	2
fibre g	1
proteins g	7
salt g	0,63

Use, storage and packaging

Use instructions:	STORE AT -18°C. ONCE OPENED THE PACKAGE CONSUME WITHIN 24 HOURS. DON'T FREEZE AGAIN. IF YOU USE A PAN, DEFREEZE THE PRODUCT FIRST AND THEN HEAT OVER MEDIUM HEAT, STIRRING, FOR 5 MINUTES. IF USING THE MICROWAVE, WITHOUT DEFREEZING, PIERCE THE FILM OF THE TRAY AND HEAT IT AT FULL POWER FOR 5 MINUTES. IF YOU USE A FAN OVEN, DEFREEZE FIRST AND THEN SET THE OVEN AT 180°C AND WARM IT UP FOR 5 MINUTES. IF IT IS TOO DRY ADD A SPOON OF WATER.
Packaging:	Black PP trays and film
Tray's net weight:	300 g
Tray's external dimensions:	230 X 145 X 30 mm
Secondary packaging:	400 X 600 X 150 mm master cardboard containing 24 trays, weight 9,6 kg
Pallet:	Disposable wooden euro pallet with 40 Master, 165 cm height, 960 trays and 384 kg total weight
Disposal instruction:	Tray and film made by PP-05, dispose in the plastic bin Check your municipality's regulations for waste disposal.
Shelf life:	365 days
Article code:	M138
GTIN/EAN code:	8056157023265
Preservation mode:	at -18°C degrees in freezer
Transport mode:	Refrigerated transport at -18°C degrees

Production and distribution

CE authorisation number:	
Produced and distributed by:	NORDFISH SRL Via Gaudenzio Fantoli 28/11 20138 MILANO - ITALIA C.F. e P.IVA 02802820304
LABEL:	