



Coated with
Sodium Tripolyphosphate
to enhance color.

Tilapia

(*Oreochromis niloticus*)

Tilapia is a wonderfully creative alternative for your whitefish offerings. With its increasing popularity, this fish provides versatility in preparing a wide variety of delectable menu options.



FEATURES/BENEFITS

- This fish delivers pure white fillets and delicate flavor time after time.
- Its lean and flaky texture takes on the flavor of its cooking methods, seasonings and sauces.
- Providing a natural firm flake, these Farm-Raised Tilapia are mild & sweet tasting.
- This delicious fish provides a versatile, cost-effective source in developing menu creativity.
- Moisture Content: <81% (maximum accepted)

APPLICATIONS

Suggested flavor compliments: almond, caper, chili, chive, dijon, garlic, ginger, lemon sauce, lime, parsley, panko, cracked pepper, sea salt, tarragon, thyme, tomato and white wine sauce.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours.

COOKING SUGGESTIONS

BAKE: Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine. Bake 6-10 Minutes per inch of thickness of fillet until it is opaque throughout.

BROIL: Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4-5" from heat and broil 6-10 minutes per inch of thickness of fillet.

PAN-FRY: Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain and serve immediately.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

NUTRITION FACTS:

Serving Size 3 OZ. (85g), Calories 80, Total Fat 1.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 30mg, Sodium 45mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 16g.

COUNTRY OF ORIGIN: China



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