

TOPPITS®

QUALITY SINCE 1899



MSC-C-50679

Orange Roughy

Extremely Moist Meat

Delicate Flavour

Low in Fat, Low in Sodium

Orange Roughy

In 1983, this delicious white fish became synonymous with Toppits. Known for its delicate flavour and soft, large flakes, Orange Roughy holds together whether baked, broiled, sautéed, or steamed. Available in two different sizes. Add Toppits Orange Roughy to your menu, and let your customers fall in love with this delicious fish.



Features & Benefits

- Delicate flavour creates an excellent taste profile, while the pearly white flesh adds to any plate presentation
- Moist, large-flaked meat holds together well when cooked, making the fish extremely functional
- Low in fat, low in sodium, and a source of iron
- MSC certified

Preparation Instructions:

Keep frozen until used. Defrost fillets before cooking and use within 24 hours. Place desired number of fillets on a plate and cover with plastic film. Defrost in refrigerator for 4 to 6 hours or overnight. Do not refreeze.

Cooking Instructions

Pan Fry: Cook over medium heat in a lightly greased non-stick pan for 5 to 8 minutes, turning once.

Convectional Oven: Preheat oven to 230 °C (450 °F). Place defrosted fillets in a single layer in a greased shallow baking pan, tucking under any thin edges. Bake uncovered for approximately 4 to 6 minutes per 1/2 inch (1.2 cm) thickness.

Barbecue: Place defrosted fillets on a piece of heavy duty aluminum foil. Brush fillets with oil, butter or margarine and season to taste. Wrap foil securely around fillets, allowing room for expansion. Place on grill, seam side up, and cook over medium heat for 10 to 15 minutes. Remove packet from grill, open carefully and serve.

| Nutrition Facts | |
|----------------------------|----------------------|
| Valeur Nutritive | |
| Per 100 g | |
| Par 100 g | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories | 80 |
| Fat / Lipides 1 g | 2 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Cholesterol / Cholestérol | 60 mg |
| Sodium / Sodium | 70 mg |
| Carbohydrate / Glucides | 0 g |
| Fibre / Fibres | 0 g |
| Sugars / Sucres | 0 g |
| Protein / Protéines | 16 g |
| Vitamin A / Vitamine A | 2 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 8 % |

| Item | Description | Brand | Origin | Pack | UPC | SCC |
|----------|---|---------|-------------|---------|--------------|----------------|
| ORN46S10 | Orange Roughy Fillets 4-6 oz (Skinless/Boneless) | Sanford | New Zealand | 1/10 kg | 068689100985 | 00068689100985 |
| ORN68S10 | Orange Roughy Fillets 6-8 oz (Skinless/Boneless) | Sanford | New Zealand | 1/10 kg | 068689100992 | 00068689100992 |

301 Chrislea Road
Vaughan, ON L4L 8N4
Tel: 905-850-8900
Fax: 905-850-8910
info@toppits.com



Get Social With Toppits



www.toppits.com