



Flounder Fillets

Limanda aspera

Country of Origin:	China
Wild or Farmed:	Wild caught
Pack size:	1x10lb
Case Weight (Net)	10 lbs.
Case Weight (Gross)	12 lbs.
Ti x Hi	10x10
Fresh or Frozen:	Frozen
Sustainability Rating:	Good Alternative

Key Notes:

Natural – Chem Free; IQF, BRC audited, Caught in USA

Description	HSC Product codes:	GTIN:
Flounder, fillet 4oz	#002067	00636880001570
Flounder, fillet 5oz	#002059	00636880001587
Flounder, fillet 6oz	#002063	00636880001594
Flounder, fillet 8oz	#002066	00636880001600
Flounder, fillet 2-5oz, retail 1#	#002058	00636880003253



Cooking Tips:

Preheat oven to 400F and lightly grease a large baking dish. Lay fillets in dish and brush lightly with butter. Combine butter with breadcrumbs, parmesan cheese, salt, thyme, and pepper in a bowl. Sprinkle over flounder and pat down lightly. Bake in the oven for 15-20 minutes until fish flakes easily with a fork



For more information or help with placing an order;
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