

White Fish Fillet

White fish refers to fish that has white flaky meat, such as the tilapia, grouper and the snapper. It is one of the most popular choices among consumers, not just for its flavor, but also for its health benefits.

The delicate, mild flavor of the white fish, together with its tender texture, make it extremely versatile - It can be complemented with a variety of sauces using different cooking methods such as steaming, frying, broiling, baking and grilling. With its very low fat content, and brimming full of vitamins and essential minerals, this fish is an excellent choice for those considering healthy diet options.

Our White fish fillet is frozen at -18 ° C to retain its freshness. It is also Trans-Fat Free ASC and Halal certified. It comes trimmed, skinless and boneless, enhancing convenience for consumers, and minimizing kitchen preparations and cooking time.

Packing size : 140gsm

