THE SEAFOOD · EXPERTS ·

SINCE 1910 I&J®

LIGHTLY DUSTED RANGE

LIGHTLY DUSTED IN A SALT & PEPPER COATING, SAVES LABOUR FOR BUSY KITCHENS





NEW LIGHTLY DUSTED RANGE



Serving suggestions

Simplot®

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WHAT IS LIGHTLY DUSTED

- **Lightly coated, made from scratch appearance:** adding a light dusting to seafood is a tradition used to help protect fish and seafood during cooking. I&J's Lightly Dusted range is made with more fish and less coating than traditional crumbed/battered options and delivers all the benefits of a classic light coating, with a made from scratch appearance.
- **Versatile Range:** an easy to use range designed to support multiple menu applications.
- **High seafood content:** the Lightly Dusted range is made with more seafood, and less coating. Pollock and Squid contain 90% Pollock & Squid and 10% salt and pepper flour dusting. Prawns contain 75% prawn and 25% salt and pepper flour dusting.
- **No compromise:** delicious taste and light crispy texture - a range of products you can trust to satisfy your customers every time.



13940
I&J Lightly Dusted Salt & Pepper Pollock Fillets 120g

MSC certified, hand cut wild caught Alaskan Pollock fillet lightly dusted in a salt & pepper flour coating.

OUTER	INNER	APPROX. SERVES	STATUS
3kg	1 x 3kg	25 x 120g*	Uncooked

PREPARATION METHODS	COOK TIME
180°C	4 - 4½mins
	7 - 8mins



13933
I&J Lightly Dusted Salt & Pepper Prawns

ASC certified, gluten friendly, tail on Vannemai prawns, hand dipped in a salt & pepper rice and corn flour coating.

OUTER	INNER	APPROX. SERVES	STATUS
3kg	3 x 1kg	150 x 20g*	Par-Fried

PREPARATION METHODS	COOK TIME	
180°C	2½ - 3mins	MP



13941
I&J Lightly Dusted Salt & Pepper Squid

Tender hand-cut squid, lightly dusted in a salt and pepper flour coating.

OUTER	INNER	APPROX. SERVES	STATUS
3kg	3 x 1kg	93 x 32g*	Uncooked

PREPARATION METHODS	COOK TIME
180°C	2 - 2½mins

Key: Deep Fry Pan Fry (MP) May be present: wheat, gluten. The product is formulated without gluten, however is made on a production line that also manufactures products containing gluten.

*Weight and size of fillets may vary slightly.

Simplot
Head office: (03) 9588 3200
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Marine Stewardship Council (MSC). Seafood certified to MSC's environmental standard for fishing.msc.org.
ASC certified as responsibly farmed. www.asc-aqua.org

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SINCE 1910 I&J®

LIGHTLY DUSTED POLLOCK

120G FILLET, HAND CUT, SALT AND PEPPER FLOUR DUSTING



NEW LIGHTLY DUSTED RANGE

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

Serving suggestion

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I&J Lightly Dusted Salt & Pepper Pollock Fillets 120g, 25 x 120g

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SINCE 1910 I&J®

LIGHTLY DUSTED PRAWNS

TAIL ON PRAWNS, GLUTEN FRIENDLY SALT & PEPPER FLOUR DUSTING

NEW LIGHTLY DUSTED RANGE



FARMED RESPONSIBLY asc CERTIFIED ASC-AQUA.ORG ™

Serving suggestion

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I&J Lightly Dusted
Salt & Pepper Prawns, 3 x 1kg

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THE SEAFOOD · EXPERTS ·

SINCE 1910 I&J®

LIGHTLY DUSTED SQUID

TENDER SQUID STRIPS, HAND CUT, SALT & PEPPER FLOUR DUSTING



NEW LIGHTLY DUSTED RANGE

Serving suggestion

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I&J Lightly Dusted
Salt & Pepper Squid, 3 x 1kg

FIND OUT MORE