

Mills Bay<sup>®</sup>  
MUSSELS

OMA'S FAVOURITE TRADITIONAL DUTCH RECIPE



DUTCH STYLE

# CROQUETTES

MADE WITH NZ GREENSHELL™ MUSSELS

- ✓ High quality
- ✓ Long shelf life
- ✓ No prep = No labour
- ✓ Unique mussel offering
- ✓ Premium ingredients in recipe
- ✓ Cook from frozen, ready in 7 min

6

CARTONS

PER BOX

32

PIECES

PER CARTON

192

TOTAL

CROQUETTES

A<sup>+</sup>  
NEW ZEALAND  
Sustainable  
AQUACULTURE

NZ  
BORN  
& BRED

#### INGREDIENTS:

Contains: WHEAT (Gluten), BUTTER and MILK (Dairy), Water, Fresh Mussels (25%), Wheat, Flour, Butter (Cream, Salt), Breadcrumbs (10%) Wheat Flour, Yeast, Seafood Stock (Shrimp Powder & Crustacea, Fish, Enhancers (621), Celery, Yeast Extracts, Sugar, Flavours, Vegetable Stock (Milk Derivatives, Flavour), Onion Stock (Lactose (from Milk), Flavour Enhancer (621), Salt, Herbs, Spices. (Batter). Wheat & Milk

#### NUTRITIONAL INFORMATION: Servings per package: 6 Serving size: 60g

	Avg Serve	Avg/100g
ENERGY	557kJ	928kJ
PROTEIN	4.9g	8.2g
Fat	Total	4.8g
	Saturated	2.3g
CARBOHYDRATES	Total	35g
	Sugars	2g
SODIUM	298mg	497mg

All values are average

#### COOKING INSTRUCTIONS:

Cook from frozen until heated right through. Do not remove until golden brown.

**SHALLOW FRY:** Fill pan with 1 - 2 cm of oil and fry on medium heat for 3 min on each side.

**DEEP FRY:** Fry free flow at 180°C for 7 minutes. Best served with mustard.

