

# Sealectables®

## Wild ALASKAN FISH 'n STICKS



**BEER BATTERED COD**

**Wild Caught Cod – Sealectables® Fish 'n Sticks** seafood is harvested from the icy waters of the North Pacific Ocean.

**Sustainably Harvested – Sealectables® Fish 'n Sticks** seafood is MSC certified sustainable; responsibly harvested!

**All Natural** – Our delicious Sealectables® Fish 'n Sticks is wild caught and carefully hand-filleted, then lightly beer battered for a delightful crunch in every bite with a golden crispy outside, and a delicately moist and flavorful inside.

Chang International, Inc. (206) 283 – 9098  
Kirkland, WA 98033

### Preparation Instructions:

(Convection Oven)

**COOK FROM FROZEN.** Preheat oven to **425 degrees F.** Lightly grease baking sheet. Place frozen cod skewers on sheet and **bake for 18-22 minutes.**

(Deep Fryer)

**COOK FROM FROZEN.**

Preheat fryer to **350 degrees F.** Deep fry Fish 'n Sticks at **350 degrees F. for 4-6 minutes** or until golden brown.

### Case Specifications:

**UPC: Food Service**    **034713035929**  
Dimensions:    16.14"x11.02"x4.33"  
Cube:    .45 CF  
Gross Weight:    11 pounds  
Net Weight:    10 pounds

**UPC: Retail Pack**    **034713035028**  
Dimensions:    19.69"x14.37"x4.72"  
Cube:    .77 CF  
Gross Weight:    11 pounds  
Net Weight:    10 pounds



**CHANG INTERNATIONAL INC.**