# Selfish – Tilapia Fillet with Lemon Pepper Grill Seasoning

Product name:  
Selfish – Tilapia Fillet with Lemon Pepper Grill Seasoning  
Boneless – Ready to cook – Prepared in 5 minutes

## Back side:

Ingredients: Tilapia fillet, vegetable oil, spices (lemon peel, pepper, herbs), spice extracts, natural spice aromas. Farmed, pair trawl-caught Oreochromis niloticus.

Country of origin: Vietnam, FAO61

Defrosted product – do not refreeze! Consume only after thorough heat treatment.

Usage instructions:  
After opening, season with salt to taste, then place in a hot frying pan or on a grill rack and cook each side for 2–3 minutes without adding extra fat.  
  
Without opening the package, place in the microwave oven: 600 W for 1 min 20 sec, 800 W for 1 min 10 sec, 1000 W for 1 min. Season with salt to taste before consumption.

## Nutritional values per 100 g product:

Energy: 407 kJ / 104 kcal  
Fat: 2.68 g  
– of which saturates: 1.08 g  
Carbohydrate: 0.47 g  
– of which sugars: 0.39 g  
Protein: 20.14 g  
Salt: 0.85 g