

FISH-FIXE

To Thaw: Move me to your refrigerator for 12 hours. You can leave me in my bag - I'm comfy in here.

Need me now?

Quick thaw: It is always recommended to thaw me under refrigeration but if you are in a pinch - run me under cool water for 10-20 minutes and I'll be ready to go!

To Prep: Rinse me in cold water, pat me completely dry and let me rest - I prefer not to be cooked when I'm really cold!!

Warning: Repeated consumption has been linked to above average intelligence and great skin.



WILD CAUGHT SALMON

PERFECT 6 OZ. PORTIONS

WILD CAUGHT
PRODUCT OF ALASKA

Sear Me: Season me with salt and pepper. Place me skin side down on a hot oiled pan for 2-3 min. then flip flesh side down and finish searing for me for 1-2 minutes.

Bake Me: Season me with salt, pepper, garlic powder and brush me with olive oil or butter. Place me skin side down on a lined baking sheet and bake me for 4-6 min. at 425. Finish me with a squeeze of lemon.

Pro tip: Slide your spatula between my skin and flesh to remove my fillet and leave my skin behind.

KEEP FROZEN

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