

Nothing  
Fishy



Good taste.  
Good conscience.

# The amazing taste of the sea. And of the future.

For Ola Secher, not only a skilled chef but also an experienced diver, the view through the tempered glass of his diving mask became a wake-up call. What he saw was an underwater world growing weaker. When Ola later met Jared Christensen, an inventive chef and founder of the plant-based food company Ekko Gourmet, they decided to take action.

Something positive. And something delicious.

Could it be possible to create an alternative to fish — without the fish itself? After years of development, they had a product so close to the original in taste, texture and appearance that every test group found it hard to tell the difference between Nothing Fishy and our friends from the oceans and lakes. And now it's your turn to try it. The amazing taste of the sea. And of the future.

Or simply good food. And peace of mind, as we like to say.





## Easy prepatation

- No need to defrost – reduce food waste and cook directly from frozen
- Deep fry at 180 degrees for 4-6 minutes.
- Fry in a pan or griddle for 5-8 minutes over medium heat.
- In a combination oven (Rational), use the pre-programmed breaded fish program or manual setting 235 degrees with 20% steam.
- At full oven in commercial kitchen 18-22 minutes.
- In restaurant kitchens, portion cooking takes 6-8 minutes
- Withstands heat well, 2 hours in a warming cabinet (important not to store with other products that emit a lot of steam).
- Pre-fried so no fat or oil needs to be added.

# Benefits of our products

- Enriched with OMEGA-3 vitamins and minerals.
- Quick and easy to prepare.
- Produced in Sweden.
- Vegan.



Årets  
Foodservicevara  
2024





# Fillets

60g each


Breaded with breadcrumbs

3kg catering boxes

About 50 pcs

About 25 servings

Article number: 503

 Frozen goods

# Tempura fillets

90g each


Breaded with the tempura batter

4,4kg catering boxes

About 50 pcs

About 25 servings

Article number: 511

 Frozen goods





# Burger


110g each

Breaded with breadcrumbs

3kg catering boxes

About 27 pcs

Article number: 505

 Frozen goods

# Nuggets

25g each


Breaded with breadcrumbs

3kg catering boxes

About 120 pcs

About 17-24 servings

Article number: 501

 Frozen goods





# S@lmon burger

90g each

5kg catering boxes

About 55 pcs

About 55 servings

Article number: 514

❄️ Frozen goods

# S@lmon fillets

120g each

5kg catering boxes

About 41 pcs

About 41 servings

Article number: 509

❄️ Frozen goods



# Tun@

800g each

Canned

4kg catering boxes

About 5 pcs

Article number: 5200



# Pea hummus

## For 2 servings

200g Green peas

1 Clove Garlic

4 Tbsp Olive Oil

2 Tsp Lemon Juice

1/4Tsp Salt

1 Tsp Honey

Fresh or dried chili

## Instructions

Mix the ingredients for the pea humus and season with chili to desired heat. Serve immediately or store in the freezer until it's time to eat.

Enjoy the pea hummus with Nothing Fishy fillets and boiled potatoes or mashed potatoes.

A tasty meal!



Read more about our products on our website!



# Salad nicoise

One canned tun@	1 tbsp	vinegar
500g potatos	1/2 tsp	salt
150g hairicots verts	1 km	blackpepper
4 pcs eggs	2 tbsp	chopped herbs (e.g. parsley, rose mary and thyme)
1 pcs red onion		
3 pcs tomatoes		
1 packet lettuce	About 25	black olives
3 tbsp olive oil		

## Instructions

Boil potatoes, eggs, haircots verts. Cut tomatoes, red onion and lettuce and chop the herbs. Put everything in a bowl together with TUN@ and olives. Drizzle over olive oil and vinegar. Season with salt and black pepper. Top with eggs and herbs.

A tasty meal!

## Menigo

Article	Articlenumber
Breaded FISH Nuggets	411 785
Breaded FISH Filé	411 787
Breaded FISH Burger	411 786
Tempura FISH Filé	411 788

## Martin & Servera

Article	Articlenumber
Breaded FISH Nuggets	109 783
Breded FISH Filé	109 777
Breaded FISH Burger	109 780
Tempura FISH Filé	126 976

## Svensk Cater

Article	Articlenumber
Breaded FISH Nuggets	114 666
Breded FISH Filé	114 665
Breaded FISH Burger	114 664
Tempura FISH Filé	117 244

## Chefs Culinar

Article	Articlenumber
Breaded FISH Nuggets	600 60 403
Breded FISH Filé	600 60 406
Breaded FISH Burger	600 60 423

## Out of Home

Article	Articlenumber
Breaded FISH Nuggets	643 77
Breded FISH Filé	643 78
Breaded FISH Burger	643 79

## Björk & Magnusson

Article	Articlenumber
Breaded FISH Nuggets	620 43
Breaded FISH Burger	620 42
Tempura FISH Filé	620 41

## Mårdskog & Lindqvist

Article	Articlenumber
Breaded FISH Nuggets	303 374
Breded FISH Filé	303 375
Breaded FISH Burger	303 376

## Snabbgross

Article	Articlenumber
Breaded FISH Nuggets	101 544 407
Breded FISH Filé	101 545 672

## Mylla

Article	Articlenumber
Breaded FISH Nuggets	501
Breded FISH Filé	503

# Contact

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