

oshi

CULINARY GUIDE

Enhancing your plant-based options is easier and tastier than ever with Oshi plant-based salmon fillets. With the look & texture of cooked salmon, it's super easy to prepare and cooks beautifully. Pair with your favorite sauce, a squeeze of lemon, and enjoy!

Storage & Handling

Keep Oshi fillets frozen or refrigerated immediately upon delivery.

All fillets arrive vacuum-sealed and frozen for freshness.

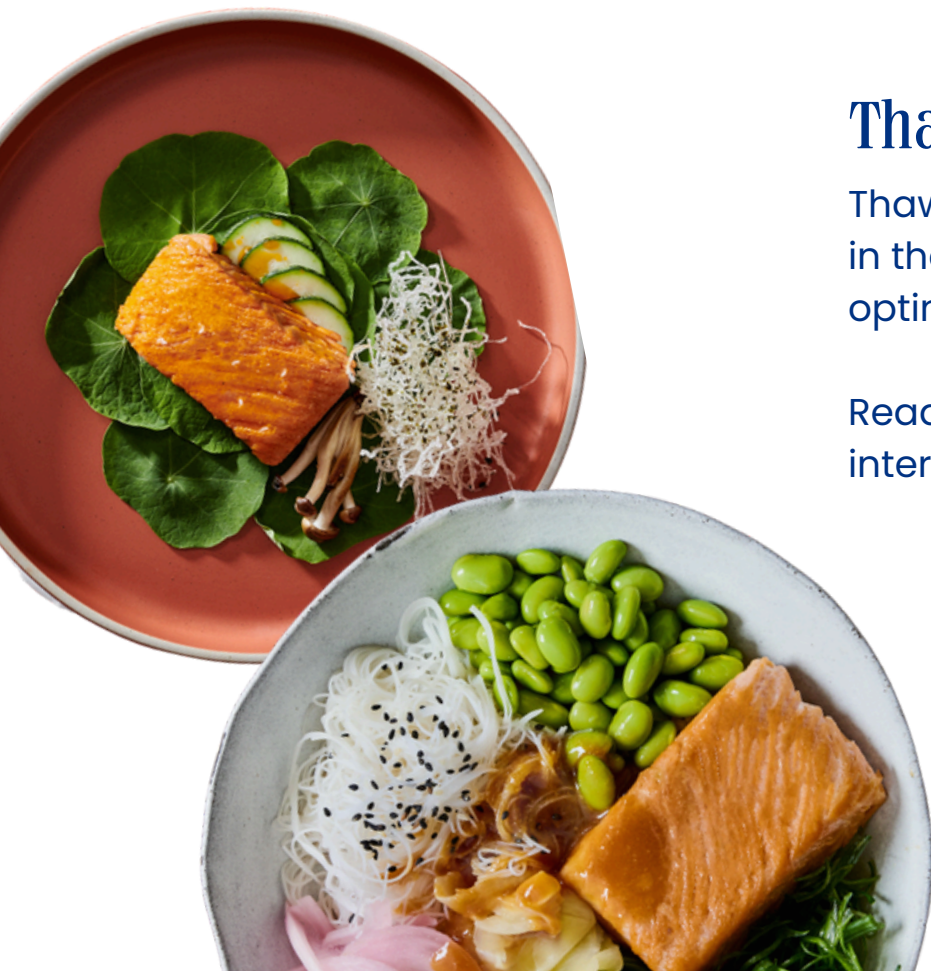
Shelf Life

Refrigerated (unopened):
Up to 3 days.

Thawing

Thaw Oshi fillets overnight in the refrigerator for optimal texture and taste.

Ready to cook when internal temp reaches 6°C.



oshi

NUTRITIONAL VALUES

INGREDIENTS:

Water, Soy Protein Isolate, Vegetable Oils (Avocado Oil, Algal Oil (DHA and EPA)), Mycoprotein, Tapioca Starch. Contains 2% or less of: Rice Flour, Artificial and Natural Flavors, Salt, Mixed Tocopherols (Antioxidant), Carrageenan, Pectin, Sugar, Maltodextrin, Lycopene. Contains: Soybeans.

* Produced in a facility that processes egg products.

NUTRITIONAL VALUES

Per 1 Oshi fillet/ 4.4 oz / 125g Calories 200, Total Fat 11g (14% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 560mg (24% DV), Total Carbohydrate 7g (3% DV), Dietary Fiber 2g (7% DV), Total Sugars 0g, Includes 0g Added Sugars (0% DV), Protein 18g (36% DV).



oshi

DISH EXAMPLES

Oshi Salmon Fillet Entree



Creamy Oshi Salmon Pasta



Oshi Salmon Salad



Oshi Fish & Chips



Oshi Fish Taco



Oshi Salmon Bowl

